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Tuesday



CHIP SOMODEVILLA/GETTY IMAGES

Attorney General Eric Holder announces the probe.

'Inhumane' Tactics: U.S. to probe CIA questioning | **3**

Found Dead: Ex-reality TV star was murder suspect | **8**

Once Bitten: What to do when mosquitoes suck your blood | **FIT**

lookout

Late Bloomer:

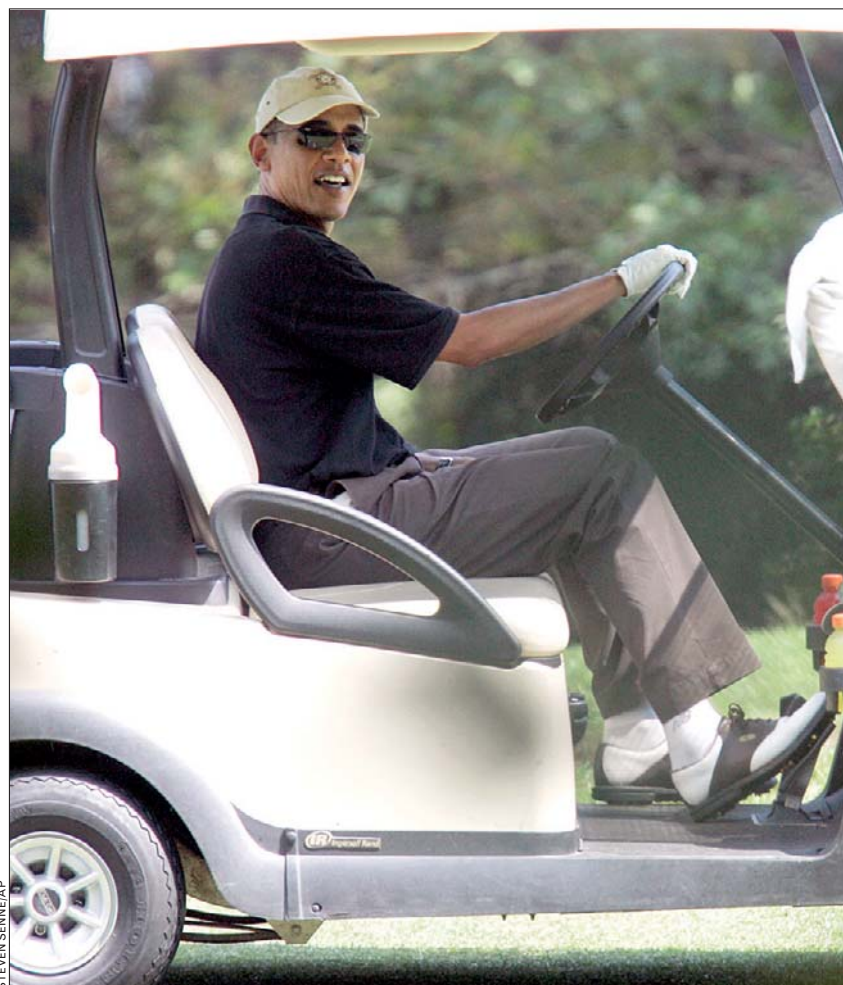
Jack Ingram is finally a name on the scene. Plus, play Twister, drink beer.

>> **25-31**



LETHAL INJECTIONS

CORONER'S REPORT: JACKSON'S DEATH RULED A HOMICIDE | **4**



STEVEN SENNE/AP

Tee Time for Obama on Vacation

DRIVING, RANGE: President Obama looks out from his golf cart while playing on the second hole at the Farm Neck Golf Club, in Martha's Vineyard, Mass., on Tuesday. The president was active on his first vacation from office, playing tennis with wife Michelle before hitting the links with friends. An extensive reading list will also keep him busy during the first family's weeklong retreat.

90K May Die From Flu in U.S.

Panel predicts widespread illness stemming from virus

WASHINGTON | Swine flu could infect half the U.S. population this fall and winter, hospitalizing up to 1.8 million people and causing as many as 90,000 deaths, more than double the number of deaths as the usual seasonal flu, according to an estimate from a presidential panel released Monday.

The virus could cause symptoms in 20 percent to 40 percent of those who become infected, which could translate into 60 million to 120 million people getting sick — more than half of whom might seek medical attention, the President's Council of Advisors on Science and Technology said in the report.

Although most cases probably would be mild, up to 300,000 could require intensive care, which could tie up all intensive care beds in some parts of the country at the peak of the outbreak, the council said.

"This is going to be fairly serious," said Harold E. Varmus of Memorial Sloan-Kettering Cancer Center in New York, who co-chairs the 21-member council. "It's going to stress every aspect of our health system."

ROB STEIN (THE WASHINGTON POST)



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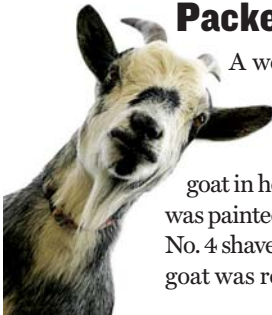


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SPORTS

Packers Fan Prepares Sacrifice



A woman was caught with a goat in the trunk of her car while visiting an auto mechanic Friday. While repairman James Prusci was doing paperwork, the woman said she had a goat in her trunk and that she planned to butcher it. It was painted Minnesota Vikings colors with Brett Favre's No. 4 shaved on its side. Prusci called animal control; the goat was renamed Brett and placed in foster care. (AP)

SUSPECTS

Hey, Has Anyone Seen Kevin Federline Lately?

A man with a tattoo of Britney Spears' name allegedly stole a Chihuahua with pink earrings from a South Florida gay bar. Brian Dortort, 48, said Thursday he has spent weeks searching for his pooch, named Hudson Hayward Hemingway. Dortort said he let a man hold the Chihuahua for a moment during a friend's birthday party, then the man and the dog disappeared. (AP)



VANDALS

"Somewhere someone is using [the head] for a trophy."

— **DEB LABERMEIER** OF ST. JOSEPH CONGREGATION IN WAUWATOSA, WIS., WHERE A BABY JESUS WAS DECAPITATED AND THE HEAD STOLEN. "OUR MEMBERS TAKE THIS PERSONALLY," SHE ADDED.

PREHISTORY

Local Young-Earth Creationists Upset

A Saranac, Mich., golf course groundskeeper recently stumbled onto a tooth from a 10,000-year-old mammoth. Patrick Walker found the 10-pound tooth Tuesday on the greens. He says he knew the tooth was from an extinct elephant because he paid attention in his science classes. (AP)



MARK RALSTON/AFP/GETTY IMAGES

EQUALITY

Teenage Males Approve This Message

A woman protests during "National Go Topless Day" at Los Angeles' Venice Beach on Sunday. The annual protest is held in seven U.S. cities. According to Gotoptless.org, "as long as men can be topless, constitutionally women should have the same right, or men should also be forced to wear something hiding their chest." The event was timed to coincide with Women's Equality Day, this Wednesday. (EXPRESS)



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Holder Names Prosecutor in CIA Case

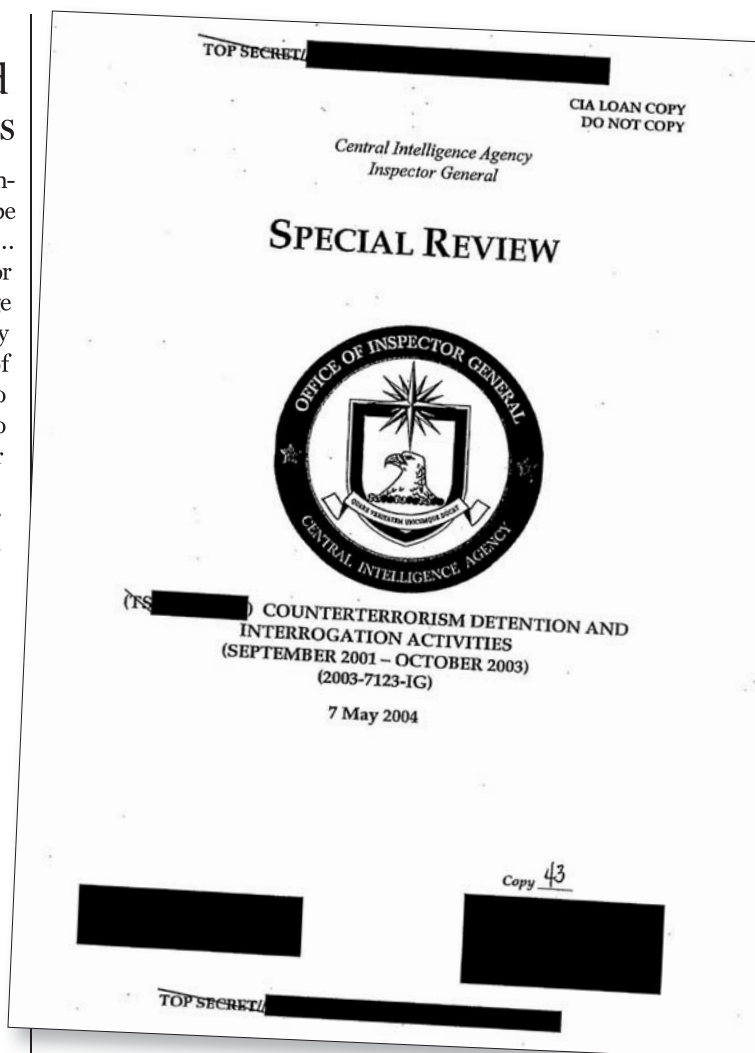
Declassified report details methods used during interrogations

WASHINGTON | The Obama administration launched a criminal probe Monday into “unauthorized ... inhumane” interrogations of terror suspects during President George W. Bush’s presidency, spurred by newly declassified revelations of CIA tactics including threats to kill one suspect’s children and to force another to watch his mother sexually assaulted.

Attorney General Holder appointed prosecutor John Durham to open a preliminary investigation into the claims of abuse. Durham is already investigating the destruction of CIA interrogation videos and will now examine whether CIA officers or contractors broke laws in the handling of suspects.

Despite the announcement of the criminal investigation, Obama spokesmen declared anew that on the subject of detainee interrogation he “wants to look forward, not back” at Bush tactics. They took pains to say decisions on any prosecutions would be up to Attorney General Eric Holder.

Monday’s five-year-old report by the CIA’s inspector gener-



This special review released on Monday describes tactics used by CIA agents during interrogation of terrorism suspects in the wake of the Sept. 11 attacks. The report concludes CIA agents used “unauthorized” techniques.

al, released under a court’s orders, described harsh tactics used by interrogators on terror suspects. Seeking information about possible terror attacks, interrogators threatened one detainee with a gun and a power drill and tried to frighten another with a mock execution of a prisoner.

Obama has said interrogators would not face charges if they followed legal guidelines, but the report by the CIA’s inspector general said they went too far — even beyond what was authorized under Justice Department legal memos that have since been withdrawn. The report also suggested some questioners knew they were crossing a line.

“Ten years from now we’re going to be sorry we’re doing

“Ten years from now we’re going to be sorry we’re doing this, [but] it has to be done.”

— UNIDENTIFIED CIA OFFICER
QUOTED IN INTERROGATION REPORT

this [but] it has to be done,” one unidentified CIA officer was quoted as saying.

The report concluded the CIA used “unauthorized, improvised, inhumane” practices in questioning “high-value” terror suspects.

Monday’s documents represent the largest single release of information about the Bush administration’s system of capturing terrorism suspects and interrogating them in overseas prisons. (AP)

ON THE CASE

Attorney General Eric Holder has appointed John Durham, right, to oversee an investigation of CIA interrogations of terrorism suspects.

HIS MANDATE: He will be asked to look at whether there is enough evidence to launch a full-scale criminal investigation of CIA personnel who may have broken the law in their dealings with detainees.

JOB QUALIFICATIONS: Holder selected Durham in part because the longtime prosecutor is familiar with the CIA and its past interrogation regime. For nearly two years, Durham has been probing whether laws were violated in connection with the 2005 destruction of CIA videotapes. (WASHINGTON POST)



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Source: Jackson's Death a Homicide

Pop singer had lethal levels of drug in his body at time of death

LOS ANGELES | The Los Angeles County coroner has ruled Michael Jackson's death a homicide, a law enforcement official told The Associated Press, a finding that makes it more likely criminal charges will be filed against the doctor who was with the pop star when he died and is the target of a manslaughter investigation.

The coroner determined a fatal combination of drugs was given to Jackson hours before he died on June 25 in his rented Los Angeles



Michael Jackson died in Los Angeles on June 25 from a lethal mix of drugs.

mansion, according to the official who spoke on condition of anonymity because the findings have not been publicly released. Forensic tests found the powerful anesthetic propofol acted together with at least two sedatives to cause Jackson's death, the official said.

Dr. Conrad Murray, a Las Vegas cardiologist who became Jackson's personal physician weeks before his death, is the target of the Los Angeles Police Department's manslaughter investigation. According to a search warrant affidavit unsealed Monday in Houston, Murray told investigators he administered a 25 mg dose of propofol around 10:40 a.m.

after spending the night injecting Jackson with two sedatives in an unsuccessful attempt to get him to sleep.

The warrant, dated July 23, states that lethal levels of propofol were found in Jackson's system. Besides the propofol and two sedatives, the coroner's toxicology report found other substances in Jackson's system but they were not believed to have been a factor in the singer's death, the official said.

Murray's attorney, Edward Chernoff, had no comment but has previously said Murray never administered anything that "should have" killed Jackson. (AP)

NEW YORK | IN MEMORY



STEEL STANDING: Workers watch as the "Last Column" — the final beam removed from the World Trade Center site — is put in place on Monday. The 9/11 Memorial Museum will be built around the column.

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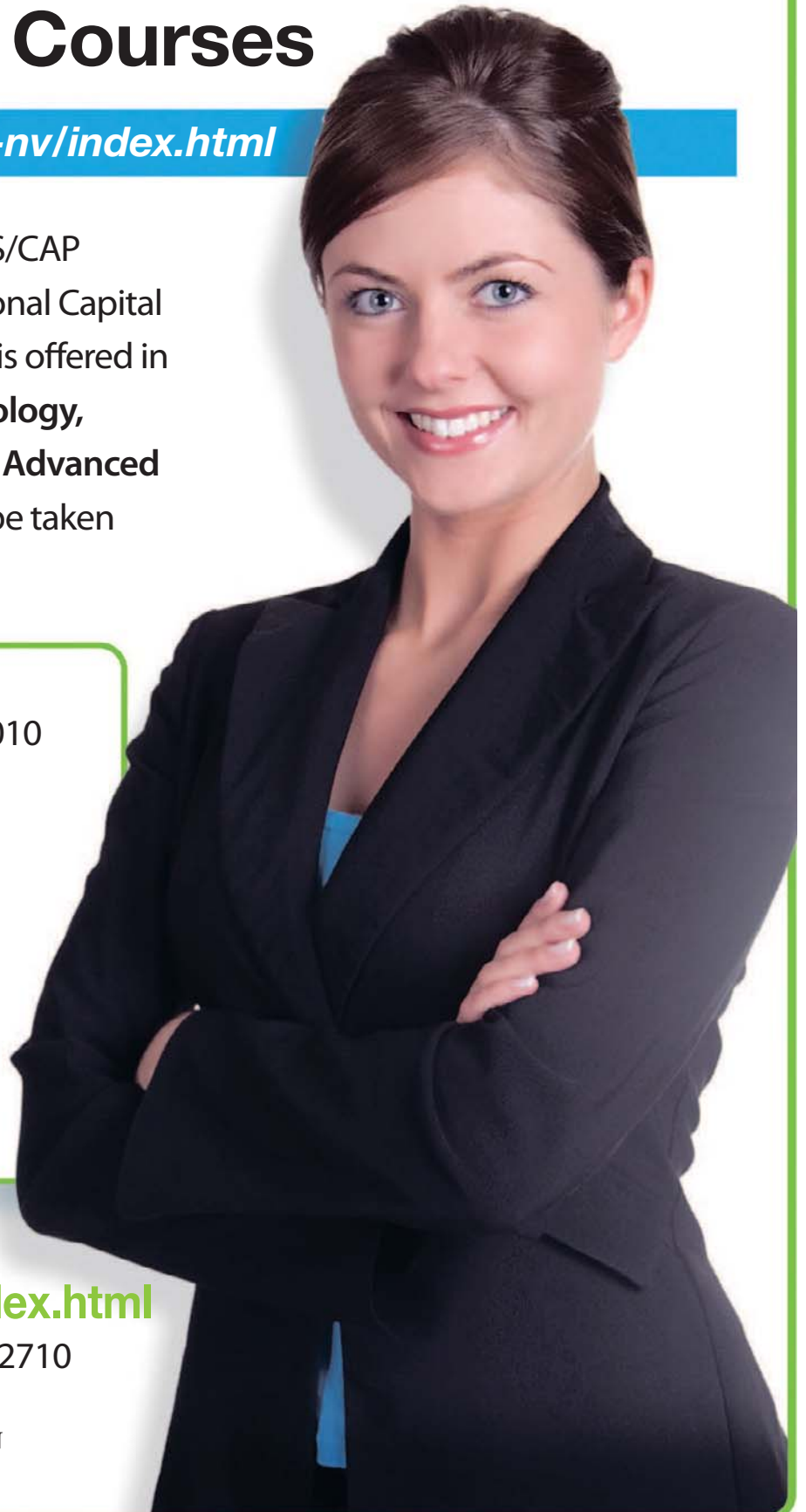
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Nation

Young Voters MIA on Health Care

Key group of Obama supporters has failed to engage on reforms

NEW YORK | Add this to President Obama's problems in selling health care reform: A lot of the tech-savvy activists who helped put him in office are young, healthy and seemingly disengaged from the debate.

It's a crucial gap in support and one the White House may have to correct if it wants to regain momentum for health care legislation in Congress.

Matt Singer, a 26-year-old founder of the liberal group For-



Daniel Assaraf, 19, shows his support for health care reform at a rally in Philadelphia.

ward Montana, has tried to engage young people on the issue.

"Right now we're seeing a big conversation with seniors, but

you're not seeing the same mobilization among young people who are President Obama's core constituency," Singer said. "It makes

me very nervous."

Younger people are generally healthier and rely on less medical care. They also are less likely to be as vocal at town halls; many are either working or in school during the daytime forums.

The question is whether it's too late in the game for the 18-29-year-old voters who turned out in unprecedented numbers for Obama in 2008.

"I think the White House thought they could mobilize their younger supporters just by saying, 'Come out,'" said Democratic pollster Celinda Lake. "But now they realize they have to run a real campaign." BETH FOUHY (AP)



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Iraqi Shiite Alliance Excludes PM

Iranian-backed bloc pressures al-Maliki to ally with Sunnis

BAGHDAD | The Iranian-backed Shiite parties that helped propel Iraq's prime minister into power three years ago dumped him Monday as their candidate for re-election, forming a new alliance to contest the January vote.

The move dealt a blow to Nouri al-Maliki's chances to keep his job next year and set the stage for a showdown between competing factions in the Shiite coalition that had dominated Iraq's government since the fall of Saddam Hussein in 2003.

Al-Maliki now faces pressure to make a deal with minority Sunni parties to strengthen his posi-



Former Iraqi Prime Minister Ibrahim al-Jaafari, center, speaks while surrounded by members of the newly formed Iraqi National Alliance in Baghdad, Iraq, Monday.

tion. Because his Dawa party is relatively small, he has never been able to rely on a loyal political base. Instead, he has developed a reputation as a strong leader by crushing militias loyal to anti-American

Shiite cleric Muqtada al-Sadr in Baghdad and Basra.

The Shiite prime minister's efforts to win public confidence by portraying himself as a champion of security have taken a battering

in recent weeks. A wave of horrific bombings has called into question the government's ability to protect the Iraqi people two months after most American forces pulled out of urban areas.

In the latest violence, bombs attached to two buses en route from Baghdad exploded less than an hour apart near the mainly Shiite city of Kut on Monday, killing at least 11 people and wounding 20, police and hospital officials said.

Monday's political announcement represents a major realignment. The new bloc, called the Iraqi National Alliance, will include the largest Shiite party, the Supreme Iraqi Islamic Council, or SIIC, and al-Sadr's bloc, which both have close ties to Tehran.

KIM GAMEL AND QASSIM ABDUL-ZAHRA (AP)

In Brief



Former Guantanamo detainee Mohammed Jawad, right, is welcomed in Kabul.

KABUL

Afghans Welcome Home Ex-Guantanamo Prisoner

One of the youngest people ever held at Guantanamo was welcomed home Monday by Afghanistan's president and joyful relatives after almost seven years in prison — freed by a military judge who ruled he was coerced into confessing to wounding U.S. soldiers with a grenade. Mohammed Jawad, now about 21, was released to his family late in the evening. (AP)

ATHENS, GREECE

Massive Wildfire Recedes

A massive wildfire that destroyed homes and forests receded Monday as a multinational airborne effort beat back flames that at one point threatened Athens' northern suburbs and raged near the ancient battleground at Marathon. As winds died down, Greek Fire Brigade spokesman Yiannis Kappakiss said there were "no significant active fronts" left of the fire, but more than 1,000 firefighters and soldiers would remain on duty. (AP)

TEGUCIGALPA, HONDURAS

Delegates Seek Ousted President's Restoration

Foreign ministers from seven nations launched a direct, high-profile attempt on Monday to persuade Honduras' interim government to restore ousted President Manuel Zelaya. The delegation from the Organization of American States is pressuring the interim government to allow Zelaya to return to power until new elections are held by the end of November. (AP)

China Sets Trial For 200 Involved In Ethnic Unrest

BEIJING | China will reportedly put more than 200 people on trial this week for alleged involvement in the country's worst ethnic violence in decades, a move that experts say is unlikely to address grievances that spawned the unrest.

The hearings will take place in Urumqi, the capital of Xinjiang and the site of the violence last month that killed nearly 200 people, the state-run China Daily reported Monday. The rioting pitted indigenous Turkic-speaking Muslim Uighurs against members of China's Han ethnic group.

The suspects will face charges ranging from vandalizing public property to murder, the newspaper reported Monday. (AP)

BRAZIL | POLICE EVICT HUNDREDS FROM SLUM



EMOTIONAL PLEA: A woman screams at police in the Capao Redondo slum in Sao Paulo, Brazil, on Monday. Residents set cars and houses on fire to protest as police evicted about 800 families from grounds that were illegally occupied.

PUBLIC TRANSPORTATION **Pity the Tube Travelers** A map of the warmest areas in London's subway system was released Monday, revealing what commuters already know: It can get hot on the Tube. The world's oldest subway system is not air-conditioned. The heat map — published Monday by The Times of London — shows that temperatures in each of the 11 Tube line's tunnels can get as hot as 86 degrees Fahrenheit. Even the cooler lines rarely drop below 79 degrees during rush hours. (AP)





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World



DARRYL DYCK/THE CANADIAN PRESS/AP

Reality TV contestant Ryan Jenkins was found dead at The Thunderbird Motel in Hope, British Columbia, on Sunday evening. He was suspected of killing his ex-wife.

Murder Suspect Dead in Canada

**Police find suspected
accomplice to fugitive
reality TV contestant**

HOPE, BRITISH COLUMBIA | Police said Monday they have identified and are investigating a woman who allegedly helped a former reality television show contestant hide from authorities in his native Canada after his ex-wife was found dead in California.

Sgt. Duncan Pound of the Royal Canadian Mounted Police did not release the identity of the woman who checked Ryan Jenkins into a remote motel in British Columbia days before he was found dead there Sunday of an apparent suicide.

Pound said the two had a history together and that police were investigating whether she would face charges for helping Jenkins. She is

not in police custody, he said.

Jenkins, a contestant on VH1's "Megan Wants a Millionaire," was accused of killing his ex-wife, a model whose body was so badly mutilated when found in a trash bin outside Los Angeles it had to be identified by her breast implants' serial numbers. He evaded a massive manhunt for days as he crossed from the U.S. into Canada.

Police in California have still not located the crime scene and said Monday they believe the victim's missing white Mercedes-Benz could be the key.

Jenkins' dramatic end came at an isolated motel at the edge of British Columbia's mountainous interior, on the outskirts of the town of Hope. The manager of The Thunderbird Motel and his nephew said they found Jenkins hanging from the bar of a coat rack by a belt. (AP)

HEARSAY | LOCKERBIE CASE



"This was my decision and my decision alone. I stand by it and I live with the consequences."

—KENNY MACASKILL,

SCOTTISH JUSTICE SECRETARY, DEFENDING HIS MUCH-CRITICIZED DECISION TO FREE LOCKERBIE BOMBER ABDEL BASET AL-MEGRAHI ON COMPASSIONATE GROUNDS. HE SAID LIBYA BROKE A PROMISE BY GIVING AL-MEGRAHI A HERO'S WELCOME.



PAULA BRONSTEIN/GETTY IMAGES

A worker takes a break from unloading ballot boxes from Afghanistan's presidential election at a warehouse in Kabul Monday.

Afghans Allay Fraud Fears

Election officials say they'll catch cheating; Karzai claims victory

KABUL | In a largely illiterate country where donkeys delivered ballots to remote areas, Afghan officials say they are confident that algorithms, double-blind computer entries and other modern methods will catch 90 percent of the fraud from last week's presidential poll.

Accusations of ballot box stuffing and voter intimidation have streamed in to the independent Electoral Complaints Commis-

sion since Thursday's vote — most of them filed by President Hamid Karzai's main rival, ex-Foreign Minister Abdullah Abdullah.

Nevertheless, Ajmal Amin Rabmal, one of three experts overseeing the commission's computer monitoring, said he's confident his team can spot fraud cases, using techniques that hardly fit the image of a country where ballots were marked with the candidates' faces to help the 75 percent of Afghans who can't read or write.

"Ninety percent [of fraud] we are going to catch," Rabmal said. International officials have

45

The number of complaints that are serious enough to affect the outcome of the Afghan election, according to the Electoral Complaints Commission.

cautioned candidates and their supporters to hold off on victory claims until the votes are in and the fraud claims resolved.

But on Monday, Finance Minister Hazrat Omar Zakhilwal said Karzai handily won with close to 70 percent of the vote, according to Zakhilwal's top adviser, Najibullah Manalay. JASON STRAZIUSO (AP)

Malaysia Delays Woman's Caning

Muslim who drank beer to be punished after Ramadan ends

KUALA LUMPUR, MALAYSIA | The first woman in Muslim-majority Malaysia to face caning for drinking beer was reprieved Monday due to the holy month of Ramadan. Her family said she would rather get the thrashing now.

Islamic officials had taken Kartika Sari Dewi Shukarno, a 32-year-old mother of two, into custody and were driving her to



Malaysian Kartika Sari Dewi Shukarno, left, will be punished for drinking beer.

a women's prison for the caning when they abruptly turned around and sent her back to her family home in northern Malaysia.

"She feels like a football being kicked around," said Kartika's father, Shukarno Abdul Muttalib.

Amnesty International, Malaysian lawyers and some politicians have condemned the sentence. Islamic officials defend it as necessary to uphold Islamic values.

Alcohol is widely available at shops, bars and restaurants in Malaysia. Christians, Hindus and other minorities in Malaysia are free to drink, but Shariah law forbids Muslims — who make up 60 percent of the 27 million population — from drinking. SEAN YOONG (AP)

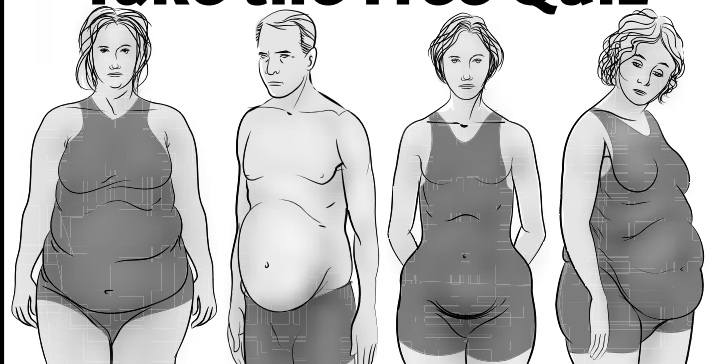
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Clunkers Rush Crashes Computers

Deadline for filing forms extended a day as rebate offer ends

WASHINGTON | The Transportation Department extended the deadline Monday for auto dealers to submit their Cash for Clunkers deals, giving them more time to make sure they get repaid under the popular \$3 billion government rebate program.

Dealers now have until noon on Tuesday to submit the necessary paperwork, after the deadline was pushed back from 8 p.m. EDT Monday. All sales under the program were still scheduled to end Monday evening.

The change came after government computers set up to handle the filings buckled under a flood of dealers trying to send in



Mark Hranicky holds up keys to some of the 90 vehicles that were traded in under the Cash for Clunkers program, on a lot at Lee Toyota in Topsham, Maine.

their sales agreements at the last minute. Under the original plan, those deals that weren't submitted on time wouldn't be repaid, leaving many dealers fearful that

they would be left on the hook for clunker sales they made.

Computer problems have plagued the program, as it proved far more popular than government

“We’ve spent the better part of the last three days trying to hack our way into the [clunkers] program.”

—ALAN STARLING
GENERAL MOTORS DEALER

officials expected. The big rush of filings Monday shut down the filing system temporarily, prompting dealers to push for an extension.

“We’ve spent the better part of the last three days trying to hack our way into their computer program that has been down more than it’s been up,” said Alan Starling, who owns two General Motors dealerships in Florida. His staff was still trying to submit paperwork for 75 deals. (AP)

Study: Women’s Risk-Taking Tied To Testosterone

WASHINGTON | Women with higher levels of testosterone tend to behave more like men when taking financial risks, according to a new study.

The research team tested the testosterone levels of more than 500 MBA students — males and females — and asked them to choose between a guaranteed monetary award or a risky lottery with a higher potential payout. In general, men had higher levels of testosterone and were more likely to choose the risky lottery than women.

But it also turned out that women with higher levels of testosterone were almost seven times more likely to take risks than women with lower hormone levels, the study found. (AP)

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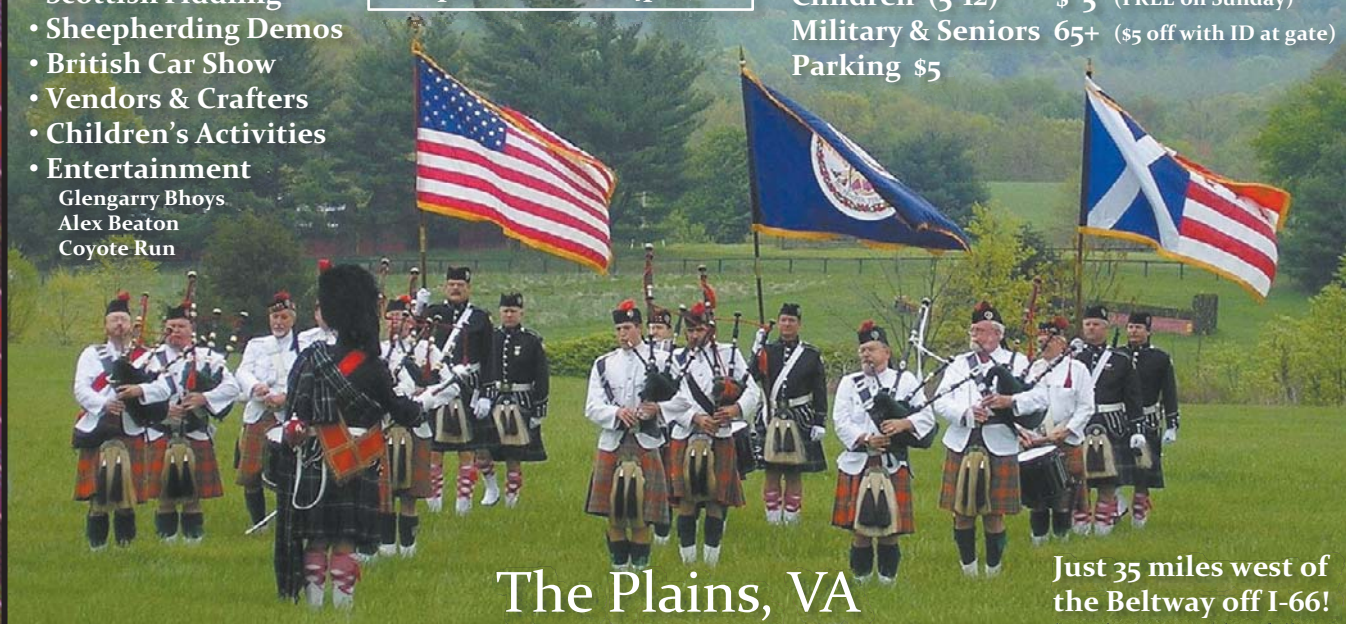


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Local

Manhole Blast Injures Two

Pepco contractor in critical condition after electrical shock

Two people were injured and traffic at Dupont Circle was slowed Monday after a Pepco contractor accidentally touched a live wire in an electrical vault on 19th Street NW, authorities said.

Bob Hailey, a spokesman for Pepco, said two contractors employed by the C.W. Wright Co. were working underground, pulling old wires around lunchtime when one of the men inadvertently



A firefighter and a utility worker exchange notes after a manhole explosion in D.C.

touched a live wire and suffered an electrical shock.

D.C. Deputy Fire Chief Ken-

neth Crosswhite said the incident was initially reported as an underground explosion. He said the live wire that the worker grabbed apparently also touched another live wire, resulting in electrical arcing that ignited a flash fire and caused a loud noise.

He said the worker suffered "severe burns to his upper extremities," including his face, and was in critical condition at Washington Hospital Center. The other worker suffered smoke inhalation and was taken to a hospital for observation, Crosswhite said. MARIA GLOD AND PAUL DUGGAN (THE WASHINGTON POST)

WASHINGTON | D.C.'S FIRST DAY OF SCHOOL



A FAR CRY FROM HOME: Alyssa Gonzalez, 4, center bottom, cries for her parents, Edgar Gonzalez (not pictured) and Stephanie Paz (not pictured), during the first day of school at H.D. Cooke Elementary School in Northwest Monday.

Md. Employees To Face 10 Days Of Unpaid Leave

Maryland state employees will be forced to take as many as 10 days of unpaid leave as part of a new round of budget cuts that Gov. Martin O'Malley plans to propose this week, aides said.

The \$470 million in mid-year cuts that O'Malley is expected to formally propose Wednesday will also include reductions in state aid to local governments and additional cuts to state agencies.

The latest round of cuts is part of an ongoing effort to close a \$700 million shortfall in the state's \$13 billion budget that emerged just weeks into the new fiscal year, as tax revenue continues to lag in the bad economy. JOHN WAGNER (THE WASHINGTON POST)

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Evening DC 4 (Sun.)	0-8-3-5
Mid-day D.C. Five	7-7-2-6

Evening D.C. Five (Sun.)	7-9-7-9-6
Daily 6 (Sun.)	6-9-12-21-26-38 (30)

MARYLAND

Mid-day Pick 3	0-2-1
Evening Pick 3 (Sun.)	6-5-6
Mid-day Pick 4	8-8-3-1
Evening Pick 4 (Sun.)	4-7-5-8
Match 5 (Sun.)	18-19-28-33-38 (35)

VIRGINIA

Mid-day Pick 3	4-0-6
Evening Pick 3 (Sun.)	5-9-4
Mid-day Pick 4	8-7-1-9
Evening Pick 4 (Sun.)	6-9-6-8
Mid-day Cash 5 (Sun.)	2-17-20-29-31
Evening Cash 5 (Sun.)	1-9-26-29-31

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.

Redskins Rookie Chases His Dream

Daniel in the hunt for roster spot after throwing two TDs

REDSKINS | There he is, the latest craze among backup quarterbacks in D.C. Throw a couple of touchdown passes in a preseason game, and suddenly the fans are in love.

"I've got to throw for three next time, right?" Washington Redskins rookie Chase Daniel said with a smile Monday. "But that's how it is, especially here in the national capital."

Of course, a quick reality check shows Daniel won't be starting on opening day or anytime soon after that, but his performance in Saturday's 17-13 win over the Pittsburgh Steelers gave a significant boost to his employment prospects.

The undrafted ex-Heisman Trophy contender from Missouri entered training camp with long odds to make the Redskins roster. But coach Jim Zorn declared Monday that Daniel was now on solid footing in a battle for the third-string job.

"The competition right now is for the No. 3 spot," Zorn said. "And Chase is making a statement about that."

The new player on the bubble is second-year quarterback Colt Brennan, who was expected to



Former Heisman Trophy contender Chase Daniel threw two touchdowns on Saturday. But that may not be enough to earn the third-string job over Colt Brennan.

challenge veteran Todd Collins for the No. 2 spot. Brennan was the star of last year's preseason, but he's already thrown two inter-

ceptions this August.

That's opened the door for Daniel, who had to overcome the disappointment of not being drafted in

April and the persistent questions about his height — generously listed as 6 feet. He didn't play at all in the first preseason game, but went 6 for 8 for 58 yards with TDs to Marko Mitchell and Fred Davis against the Steelers. After the game, he received nearly 100 text messages and "was answering the phone all the way back home."

Chase or Colt?

→ Which former college star would you rather see make the Redskins roster as a backup to Jason Campbell: Chase Daniel or Colt Brennan? | Redskins Insider

washingtonpost.com

"That's exactly what I need to do is go out there and show them that I belong here and belong in this league," Daniel said.

As he spoke, Daniel acknowledged his precarious place on the depth chart. If that two-touchdown show doesn't win him a place with the Redskins, he'll be sending the video to 31 other addresses.

"All I'm doing is trying to get a spot on this team or another team," Daniel said, "Any time you get on film, it's an audition for another team. Do I want to be here? Heck, yes. This is my first option. This is why I picked to come here, to learn under coach Zorn."

JOSEPH WHITE (AP)

Kelly Hitting His Stride on Routes

REDSKINS INSIDER | On the first play against the Pittsburgh Steelers, Malcolm Kelly broke free deep down the middle of the field. Quarterback Jason Campbell's pass hung up too long, providing Steelers All-Pro safety Troy Polamalu with enough time to close on the

play and break up the pass.

But the play still was among the Redskins' positive developments Saturday night during a 17-13 victory at FedEx Field. After playing in only five games as a rookie and having microfracture knee surgery in the offseason, Kelly showed the

ability to make plays in the mid-range passing game in the opening preseason loss in Baltimore. Against the Steelers, he showed a surprising burst of speed for a big wideout listed at 6-feet-4 and 227 pounds.

With a strong start to the pre-

season, the former Oklahoma standout is getting closer to where he wants to be, he said, but the process is ongoing.

"Just working on the little things," said Kelly, who has five receptions for 47 yards in the preseason. "My route running is getting there. I'm not a long way off. I focus more on it now."

JASON REID (THE WASHINGTON POST)

Swengali

REDSKINS | BY MATT SWENSON

The More Things Don't Change ...

HAS IT sunk in yet? The Redskins just aren't that good.

At least not yet anyway.

No one disputes how meaningless the preseason is.

But when the starting quarterback completes only one pass in a game and neither of Washington's pivotal second-year receivers has stepped up in a meaningful fashion, it appears that nothing has changed from last year.

Perhaps that's because the offensive roster basically didn't vary in the offseason even though the team's lack of points did it in during

If nothing else, Zorn can take solace in the fact his starter hasn't peaked too soon.

the second half of the year.

Quarterback Jason Campbell has a terrific arm and the personality to lead, yet he's struggled with consistency. Everyone — coaches, his teammates, the hungry fan base — wants him to succeed so much that patience has grown thin. If nothing else, coach Jim Zorn can take solace in the fact his starter hasn't peaked too soon.

Campbell needs to stay calm and run the offense. Of course, the bigger question is whether the Redskins have the right players to execute Zorn's schemes.

Will the new year be a continuation of last season? All it takes is for a few successful plays to change that mindset and begin to achieve.

Something has to change. At least there's plenty of time to change that fact.

To reach Matt Swenson, e-mail matt.swenson@readexpress.com

COLLEGE FOOTBALL In Your Face Coverage ESPN says it will test its ability to televise football games in 3-D with a special screening of the game between No. 4 USC and No. 6 Ohio State at three theaters on Sept. 12. The Galen Center on the USC campus in Los Angeles will screen the game in 3-D, as will theaters in Columbus and Hurst, Texas — the lone neutral site for gathering fan reaction. ESPN staff will also watch a screening in Hartford, Conn., near its Bristol headquarters. (AP)

Sports



KATHERINE FREY/TWP

D.C. United coach Tom Soehn was cleared by doctors to return to the bench after he was diagnosed with bronchitis. It was feared he may have contracted swine flu.

Soehn Back After H1N1 Virus Scare

D.C. United coach ill from bronchitis after team's Honduras trip

UNITED | Tom Soehn was cleared by doctors to resume D.C. United coaching duties Monday, and though he was relieved the diagnosis was bronchitis and not swine flu, his spirits were dampened by a controversial officiating decision Saturday night that might have cost his slumping MLS club a badly needed victory.

Soehn, who fell ill Friday and watched the 0-0 match against the Los Angeles Galaxy from his home in Ashburn, Va., said: "It was awful not being there, especially watching that offside call."

That reference was to a first-half decision by an assistant referee that nullified Luciano Emilio's apparent goal.

According to TV replays, Emilio was onside when teammate Fred passed to him.

"It was awkward watching on TV ... but it also gave me clear replays," Soehn said.

Soehn might've contracted the illness from assistant coach Mark Simpson, who was sick during the team's visit to San Pedro Sula, Honduras, last week for a CONCACAF Champions League game.

No players or other officials showed signs of similar illness, a team spokesman said.

STEVEN GOFF (THE WASHINGTON POST)

TODAY'S TV LINEUP

NATIONALS (8 P.M. ON MASN) The Nats hope to not get lost in the ivy at Wrigley Field when playing the Cubs.

ORIOLES (8 P.M. ON MASN2) Can the Birds make it two-straight series wins when visiting the Twins?

LITTLE LEAGUE (NOON, 2 P.M., 6 P.M. AND 8 P.M. ON ESPN2, 4 P.M. ON ESPN) Lots of action from the Little League

World Series in Williamsport, Pa.

SOCCER (2:30 P.M. AND 8 P.M. ON FSC) Club Atletico de Madrid plays Panathinaikos and Maccabi Haifa takes on FC Salzburg in Champions League action.

WNBA (10 P.M. ON ESPN2) The Los Angeles Sparks host the Chicago Sky.

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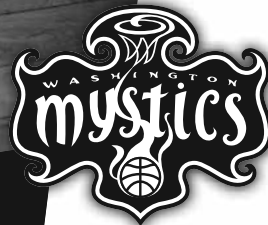
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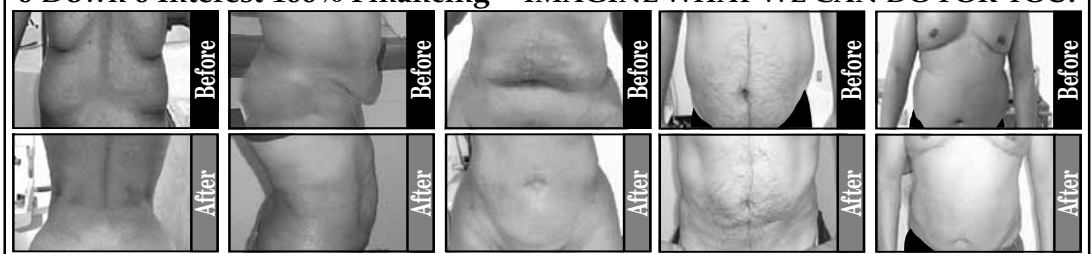
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Sports

Source: Miami's Beasley in Rehab

Heat forward said to be battling depression at Houston facility

NBA | A person briefed on the situation says Miami Heat forward Michael Beasley is battling depression-related issues and is being treated at a Houston rehabilitation facility.

Beasley checked into the facility last week, the person told The Associated Press on Monday. The person spoke on condition of anonymity citing of privacy concerns.

A photo of the No. 2 pick in the 2008 NBA Draft was posted Friday to his Twitter account, in which Beasley is displaying a new tattoo across his shoulders. That image also captured what appeared to



The Miami Heat's Michael Beasley is in a Houston facility, according to a source.

be a small plastic bag on an adjacent table, the contents of which were unclear.

Beasley's Twitter account has since been closed, as is another one he used earlier this year. Yahoo! Sports first reported Beasley entered the rehab facility. (AP)

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Sports

Jones Defends Scoreboard

Cowboys owner says punters deliberately aimed at huge screen

NFL | Cowboys owner Jerry Jones had 75,000 paying guests and a few dozen freeloaders over to his new house the other night to watch football. Punters for the visiting Tennessee Titans immediately showed their gratitude by using his \$40 million TV set for target practice.

"I hit it probably a dozen times in pregame," veteran kicker Craig Hentrich said.

"I guess," he added a moment later, "they should have tested things out before they put that thing in place."

"That thing" is the 1.2-million pound, four-sided video board hanging from the rafters exactly 90 feet above the field in the new

Cowboys owner Jerry Jones, right, talks shop below his new scoreboard.

Cowboys Stadium, the centerpiece of Jones' \$1.15-billion shrine to himself.

The big screens along either sideline are 160 feet wide — stretching from one 20-yard line to the other — and 72 feet tall. Throw

in the "smaller" screens above the end zones and you'd need almost 5,000 52-inch flat screens to cover the same surface.

So it's not like Jones can ring up the "Geek Squad" at the local Best Buy and ask them to raise it. Nor would he.

Jones said the league had approved its location, even though his own punter, Mat McBriar, sent at least one kick more than 100 feet high when the Cowboys conducted tests at the Alamodome in San Antonio two years ago. The owner decided 90 feet was plenty, reasoning that most punters angle kicks toward the sidelines rather than straight up. He insisted the Titans punters went out of their way to hit it, both before and during Dallas' preseason home opener.

"I'm very comfortable that our height on our scoreboard is OK," he said. JIM LITKE (AP)



COLLEGE FOOTBALL Beer for Bowl To reduce projected losses at the city-funded Liberty Bowl Memorial Stadium, Memphis has decided to allow beer sales at University of Memphis home football games. The stadium already allows beer sales during the AutoZone Liberty Bowl and Southern Heritage Classic games. Beer sales are projected to net \$260,000 this season. (AP)

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How To Hit the Snooze Button On Eager Friends

Q My wife and I are friends with a couple who are in the habit of stopping by early Sunday mornings. They never call. They just show up, ring the bell and say "Surprise!" when we answer. They want us to stop what we're doing and go out to breakfast with them. While it's very nice of them to invite us out, we have our Sunday morning routine of breakfast and church. This has been going on for about eight months. How can we stop this couple from stopping by without calling? —FRUSTRATED

I'm having visions of you hiding behind curtains, desperate not to make a sound as the knocking grows louder. But I'm guessing



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you'd like a more direct — and less stressful — approach.

Spend a couple of weeks answering the door and politely but quickly declining, saying vaguely you're in the middle of something. Next, say that your

schedule has changed and you'll be unavailable most Sunday mornings, but insist on setting a time to get together for a different meal.

Lather, rinse and repeat as necessary.

Meet the Parents' Money Problems

Q I'm engaged to a great guy who also happens to make a very decent living. My parents, however, are horrible with money, and it's becoming clear that they haven't planned well for retirement. I'm starting to think that they'll eventually rely on us for support. My fiancé has made it clear in no uncertain terms that he works too hard to reward other people's slacking. I can feel my resentment toward them building and I don't know what the solution is. —CAUGHT IN THE MIDDLE

There's no way for your fiancé to avoid your parents' financial woes. It's not that he'll be signing on the dotted line to become their financial savior, but when he marries you, they become part of his family. And it'd be unrealistic (and cruel) to think that if they fell into serious financial straits, he or you would be able to totally ignore it.

Talk to your parents gently, say-

ing you're concerned about their financial situation and you want to check in to make sure everything's OK.

Let them know that you would be happy to give them guidance if they want it (finding them some books, helping them make a budget, setting them up with a financial advisor).

Talk to your fiancé, too, making it clear that you don't expect him to become their benefactor, but neither can he expect to be unconcerned if they hit hard times. Decide with him on some clear boundaries to avoid conflict later. Will you ever lend them cash? Let them move in? Give a one-time gift? Remember that a little prevention is worth a lot of cure — a bit of kindness and support now makes the possibility of you picking up the pieces 20 years from now a lot less likely.

@ Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

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THE DRY SPELL

Everybody sweats — or else, they over-heat and die. But when you sweat too much (and it's not just because of August humidity), that's when you turn to Certain Dri Anti-Perspirant, newly available as a solid (\$5.50, drugstores). Like the roll-on version, you should apply the stuff sparingly before bed to maximize results.



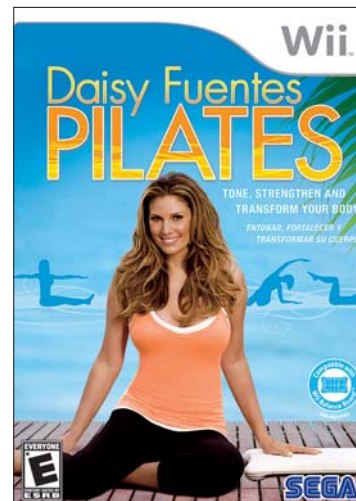
TEETH FAIRY

Thought Under Armour had already outfitted athletes from head to toe? You forgot that they'd missed a spot: inside the mouth. Their new mouthpiece and mouthguard (\$495 each, visit Underarmour.com to find a dentist) prevent clenching, which can create stress, and thus, throw a game.



SLICE OF HEAVEN

Give your tastebuds an exotic escape with Kashi's Caribbean Carnival pizza (\$5.99, Jenkins Row Harris Teeter), a whole-grain crust topped with plantains, kale, mangoes and a guava-infused jerk sauce. A third of the pie is just 280 calories, but it's tough to stop stuffing it in your face.



BALANCE BORED

Most workout DVDs are a cheater's dream. Want to skip a rep? Go ahead! But with Daisy Fuentes Pilates for Wii (\$23.99, Amazon.com), the Wii Remote and balance board keep you in check. Unfortunately, with only a handful of moves, your core may get tired of the repetition.

GUINEA PIG

Hanging Out With The Yawn Jockey

■ A perpetual excess of work stress and an occasional excess of lattes cause this tester to bolt awake at 3 a.m. sometimes, unable to doze back off.



Mental Workout's Sleep Better and Conquer Insomnia (\$20, iTunes), an iPhone app meant to help you catch more ZZZs, initially sounds slightly ridiculous. Could the same device

that keeps us up late Facebooking or playing Scrabble make us tired?

Yes, since listening to soothing segments by creator Dr. Gregg Jacobs yields such handy tips. Some ideas were familiar: Snooze in a dark, cold room; don't use the bed for non-sleep activities. Others surprised us: Stay in bed for a shorter time to get more sleep; expose yourself to light in the early a.m. to promote better dozing in the dark. And Jacobs' calming voice alone could zap us into Dreamville. Still, a 10-minute chill-out exercise that encourages starting to relax toes first just seemed like Yoga for Dummies. We'll stick to our midnight pals, the imaginary sheep.

JENNIFER BARGER (EXPRESS)

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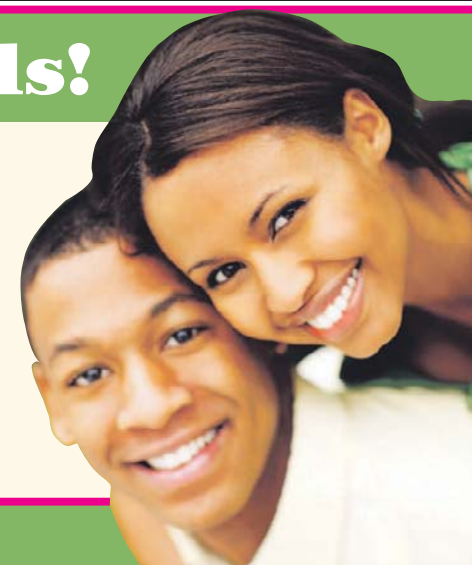
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PLAYTIME



New Yorkers cycle, and certainly never sleep, during Summer Streets.

Feet Prepare to Storm Fort Dupont

■ Every Sunday in Bogota, Colombia, the city closes off more than 70 miles of streets to traffic and opens them up as a playground for cyclists and pedestrians. Last year, New York launched Summer Streets, a series of events that boasts 7 miles of shutdown roadways for a similar purpose. This Saturday, D.C.'s getting in on the car-free action with Feet in the Street (9 a.m.-3 p.m., Godcgo.com/feetinthestreet).

For its debut, the District Department of Transportation-sponsored event is being a bit more modest: Four-wheelers are banned from just 1.6 miles. But those segments of Fort Davis Drive and Fort Dupont Drive SE both happen to cut through Fort Dupont Park, which is turning into a hub of free, family-friendly activity—guided nature hikes, complimentary two-hour bike rentals, boxing demos, dance classes and more.

"It's an opportunity for the community to come out and it's a different way of looking at public space. We can promote other ways to get around, along with physical fitness," says DDOT's Anna McLaughlin. Although there is some parking on site, the idea is that folks will make their way to the park on foot, by bike or via public transportation (the U and V buses).

While these aren't the most heavily trafficked roadways, McLaughlin says this is a chance for many residents to discover part of the city they never knew existed. And expect other streets to get feet in the future. (EXPRESS)



Running for Your Life

Five reasons why you should lace up those jogging shoes

Though running may not cure everything, it's been linked to all sorts of health benefits, emotional perks and even disease prevention. Here, five reasons to hop on the treadmill during your next lunch break.

1 IT'S SO EASY
True, some high-tech gear will make your run more fun, but really, all you need is a good pair of shoes. And while you may not have perfect form yet, you already know how to place one foot in front of the other and settle into a comfortable pace. No new skills to master, no equipment to buy—just get out there and run.

2 YET SO HARD
No other form of exercise matches running for its ability to soak that shirt. The stair-stepper, bike and other health club staples work you hard, but running blasts the most calories: In a study done by the Medical College of Wisconsin and the VA Medical Center, the treadmill (used at a "hard" exertion level) torched an average of 705 to 865 calories in an hour. The stair-stepper (637 to 746), rower (606 to 739), cross-country ski machine (595 to 678) and stationary bike (498 to 604) were all lower in overall caloric burn.

Running also gives your ticker a world-class workout. When your legs hit their stride, they squeeze blood toward your heart, which in turn forces it to pump the blood right back. The faster you run, the harder your heart works and the stronger it gets.

3 YOUR KNEES WILL THANK YOU
Contrary to what your mom says, running doesn't wreck your joints. Osteoarthritis (the most common type of arthritis) occurs when joint-cushioning cartilage starts to break down. The biggest osteoarthritis risk factor besides age? Body weight. A National Health and Nutrition Examination Survey found that obese women had nearly four times the risk of knee osteoarthritis than non-obese women; for men, it was five times the risk. Runners are much more likely to be at a normal weight than members of the sedentary population, significantly decreasing their risk of osteoarthritis.

It goes beyond the benefits of weight loss, too. Running bolsters your cartilage by increasing oxygen flow and flushing out toxins, and by strengthening the ligaments around your joints. Hitting the trail

also gives your bones a boost, helping to prevent osteoporosis.

4 IT CAN PREVENT DISEASE
Most experts agree that regular exercise reduces the risk of many kinds of cancer, including colon, breast and lung. One recent study in the British Journal of Cancer calculated that the "most active" (e.g. walked briskly five to six hours/week) people were 24 percent less likely to develop colon cancer than the "least active" people (e.g. 30 minutes of walking/week). In a study by the National Cancer Institute, women of a normal weight who reported the highest levels of "vigorous activity" had about a 30 percent lower risk of breast cancer when compared with women who did no vigorous activity.

Running has also been shown to lower blood pressure, raise good cholesterol and boost immunity to colds and other viruses.

5 YOU'LL PROBABLY LIVE LONGER
A team at the Stanford University School of Medicine studied 538 runners and 423 healthy non-runners from 1984 until 2005. All of the subjects were over 50 and were asked to take a disability questionnaire each year measuring simple tasks like shampooing hair and opening a milk carton. Every year, the disability levels were significantly lower in the group of runners than in the non-runners, and they became more different as both groups aged. Even more interesting? At the end of the study, 85 percent of the runners were still alive, while only 66 percent of the non-runners were. AMY VAN DEUSEN (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)



→ The cupcake-eating contest at Columbia Heights Day (Sat., 10 a.m.-7 p.m., 11th and Kenyon St. NW, Columbiaheightsday.org) might not be so naughty if you also take part in the free yoga class. And for the kids: an obstacle course and moonbounce.

Hungry for Helping Out

Weight Watchers urges members to mark their success in cans

So many of us have a problem with overeating that it's easy to forget there are also millions who are starving. That's why Weight Watchers is launching its second annual Lose for Good (Weightwatchers.com/loseforgood) campaign, which encourages members and online subscribers to track their progress over the next seven weeks and then donate their weight loss in food. The company will do its part by donating \$250,000 for every 1 million pounds lost, up to \$1 million, to Share Our Strength and Action Against Hunger.

"It was amazing how it motivated everyone last year. They knew they were helping themselves and helping others," says lead volunteer Rachel Goldschmidt, who's been



Rachel Goldschmidt poses with 70 pounds of cans to show off what she's lost.

a team leader since dropping 70 pounds two years ago.

Being able to visualize (and lug around) one's weight loss is an effective tool, adds local manager Margaret Bell. But even more important is the recognition of the current economic situation. "People

are becoming more conscious that this is a problem in our backyards," she says. All the donations from the region's drives will go to the Capital Area Food Bank (Capitalareafoodbank.org), which has reported that demand is way up this year.

VICKY HALLETT (EXPRESS)



EATING IN

Egg-Topped Summer Vegetable Casserole

1 HOUR, 5 MINUTES, SERVES 8

INGREDIENTS

- 2 LBS** plum tomatoes (12 to 15 tomatoes)
- 2 TSP** olive oil
- 1 TBSP** minced garlic
- 2 C** chopped yellow onions
- 5 C** diced zucchini (1 1/2 pounds)
- 4 C** sliced button mushrooms
- 1/4 C** tomato paste
- Salt and ground black pepper, to taste
- 8 LARGE** eggs
- 1 C** grated Parmesan cheese

PREPARATION

1. Bring a large saucepan of water to a boil.
2. Cut an "X" in the base of each tomato, slicing just deep enough to break the skin. Add half of the tomatoes to the boiling water and simmer until the skins



LARRY CROWE/AP

split, about 1 to 2 minutes. Transfer them to a plate to cool and repeat with the remaining tomatoes.

3. When the tomatoes are cool enough to handle, peel them, discarding the skins. Coarsely chop the tomatoes and set aside.

4. In a large pot or Dutch oven over medium-high, heat the oil. Add the garlic and saute until golden, about 30 seconds. Add the onions and saute until translucent, about 3 minutes more.

5. Add the zucchini, mushrooms and tomatoes, then saute until softened and juicy, about 10 minutes.

6. Reduce the heat to medium-low, stir in the tomato paste, then simmer, stirring often, until the juices are thickened, about 15 minutes. Remove from the heat and season with salt and pepper.

7. Place a rack in the lower third of the oven and heat it to 400 F.

8. Transfer the vegetable mixture to a 9-by-13-inch or other shallow 3-quart baking dish (the vegetables also can be divided between individual ramekins or other smaller baking dishes), spreading them in an even layer.

9. With a spoon, make 8 deep depressions in the vegetable mixture. Crack an egg into each. Bake for 15 to 20 minutes, or until the vegetables are bubbling and the eggs are beginning to set.

10. Sprinkle the cheese over the eggs. Bake for another 5 minutes, or until the eggs are set. (AP)

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Stop Getting Bugged by Bites

When insects won't buzz off, you need to take care of your skin

Although the calendar says August, for most Washingtonians, it might as well be labeled "vacation." But there's one group that never takes a day off during peak swampy season: mosquitoes.

The little buggers just can't wait for a chance to dig in, especially into certain folks' skin, according to Ann Miranowski, director of pediatric allergy/immunology at The Pediatric Lung Center

(two Virginia locations, Thepediatriclungcenter.com). If you were born with type O blood or happen to give off sweat high in carbon dioxide, you might as well have a target painted on your flesh.

The problem isn't so much the biting, though. It's how your body handles the proteins in insect saliva that keep your blood from coagulating. For the majority of the population, the result is that familiar redness, swelling and irritation. But some people experience absolutely nothing at all, while others come down with Skeeter Syndrome, a rare reaction accompanied by symptoms like vomiting, hives and breath-



Bite reactions can be big, small or not at all, depending on how allergic one is.

ing problems. If you get it, Miranowski says, you'll know.

As for a smattering of itchy bumps? They won't kill you. "But they're uncomfortable and they don't look good," agrees dermatologist Hema Sundaram (My360makeover.com), who practices in Maryland and Virginia. If patients aren't getting any results from over-the-counter 1 percent hydrocortisone cream, she has a home remedy recipe. Take yogurt (she makes her own, but store-bought will do), mix with water that's been strained through oatmeal and apply to where it hurts.

The idea is to soothe and hydrate, something you have to

do topically. "People will tell me, 'I drink eight glasses of water a day but my skin is so dry.' You don't hydrate skin from the inside out," she says. Her other secret weapon is biafine, an emulsion made with avocado oil that encourages skin healing.

Sundaram says that if her compress and cream aren't cutting it, it's probably time for professional help. "I wouldn't put the whole salad bowl on your skin," she says. Doctors can prescribe more powerful topical medicines, and even oral steroids if necessary.

The other remedy may be time. Miranowski says research has shown that sensitivity should decrease with age. But someone still needs to tell her skin that. "I'm 35 and it hasn't gotten better yet," she says. VICKY HALLETT (EXPRESS)



A NEW WAY OF LIVING

For 12 weeks, 6 Express readers are competing for \$5,000 and a one-year membership to Gold's Gym. Challengers are racking up points for losing unwanted weight and winning fitness challenges. To help them lose the weight and prepare for these challenges, each contestant is given one hour each week to workout with their personal trainer. The challenger with the most points at the end of 12 weeks wins!

This week we're checking in on three of our contestants, who have all been working out with the help of Gold's Gym Personal Trainers.

They have a couple more weeks to continue hitting the gym and preparing for the final challenge. Then we'll reveal all the points earned and our winner!

It seems everyone feels like they've won something already...



CELEBRATING PROGRESS

ANTHONY is working out at Gold's Gym in Fairfax Station. His personal trainer, Cameron, has helped him try a lot of different exercise techniques. At this point, Anthony is in desperate need of a trip to the tailor. He tells us he feels like he's wearing his father's suits to work. No surprise; he's lost almost 30 pounds. Way to go, Anthony!

ANTHONY SAYS: "I have started a process to change my life for the better. That, in itself, is an accomplishment worth celebrating."



FINDING YOUR SELF-ESTEEM

KIM has been working out at the Capitol Hill Gold's Gym with her trainer, Tasha. The results are really starting to sink in. Kim is able to shop in stores that she hasn't seen for some time. Her exercise regime has shown her what she can accomplish when she puts her mind to it, greatly boosting her self-esteem.

KIM SAYS: "There is a body that I haven't seen in some time that I am beginning to recognize. The skinny me is coming back!"



GET THE RESULTS YOU DESIRE

MEAGHAN is thrilled with the results she's gotten thanks to her workouts at Gold's Gym in Ballston. Her trainer, Jenny, is very proud of Meaghan's attitude, motivation and results, too. Meaghan told us, "Working out with Jenny has definitely helped me achieve the results I have wanted!"

MEAGHAN SAYS: "This is one of the hardest yet most rewarding experiences of my life. I am absolutely floored by how much I have changed for the better in these few short weeks!"

Our challengers meet with their Gold's Gym Personal Trainers each Tuesday to improve their physical fitness.

Membership information at: www.goldsgym.com

Cheer for your favorite challengers online at www.expressnighout.com/goldschallenge

Points are awarded weekly for weight loss and competitive challenges. In the event of no weight loss, or a less than 1% weight gain, contestants receive 0 points. Over 1% weight gain, contestants lose points proportional to their percentage of weight gain.					
CHALLENGERS	LAST WEEK	THIS WEEK	% OF WEIGHT LOSS	POINTS FOR WEIGHT LOSS	TOTAL POINTS AWARDED
KIM	176.6	175.8	0.45	2	37
MEAGHAN	175.0	173.0	1.14	4	34
LARRY	328.6	323.4	1.58	6	34
ANTHONY	244.0	241.0	1.22	5	33
JAMIE	187.5	185.4	1.12	3	24
GREG	224.0	224.0	0.00	0	22

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AIR QUALITY

A Habit to Extinguish

■ Setting up candles around the tub to prepare for a bubble bath sounds so romantic — and dangerous. According to a study presented last week at the American Chemical Society's national meeting, as paraffin wax burns down, it also raises the level of air pollution inside your house. Lighting up occasionally is probably OK, but if you have a regular habit, researchers recommend buying safer (and of course, more expensive) beeswax or soy candles.

MEDICAL CARE

Double Trouble

■ Know how it seems like whenever the country's not dealing with the health care crisis, it's dealing with the foreclosure crisis? Actually, it turns out they're sorta the same thing. A study in the American Journal of Public Health looked at 250 people facing foreclosure in Philly and found that more than half of them were depressed and nearly half couldn't afford prescription drugs.

PEDIATRICS

Not Short Changed

■ Hey, munchkin! You don't mind if I call you that, right? A study in Pediatrics says that while short children get teased more than their peers of average heights, the mocking doesn't cause lasting psychological trauma. And even more importantly for the wee ones, it doesn't get in the way of their popularity.



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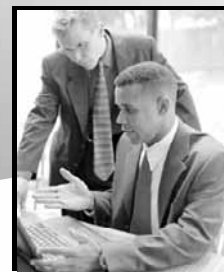
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Spacious Floorplans
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- Spacious Floor Plans
- Hardwood Floors
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Receive \$250 off Your first
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- Ask About Our EXTENDED Summer Hours
- FREE HEAT
- TOTALLY RENOVATED PROPERTY
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- Laundry Facilities On-Site
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- Adjacent to 295, 395 & the Capital Beltway
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- *Must move within 30 days of application.

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5 br 2 ba only \$238/mo! (4%dn, 30yrs @8%)
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**Zero Application fee!
\$200 Off 1st Month's Rent!**

1 BR From \$805

- Beautiful Apartment Community
- Remodeled Kitchens & Baths
- Ample closet space
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- On & Off Street Parking Available

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1BR: \$655 + electric

- Wall AC units
- Hardwood Floors & Carpet units
- Beautifully landscaped community
- Convenient to shopping
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- Close to THEARC
- On Site laundry facility

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Enter a Raffle to Win A \$600 Gift Card!!!**

**1BR Special Starting At \$740
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- Newly Renovated Property with Large Floor Plans
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- Pools & Playground
- Laundry Rooms

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- Intercom access to every bldg.

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**1 BEDROOM GARDEN APTS
UTILITIES INCLUDED**

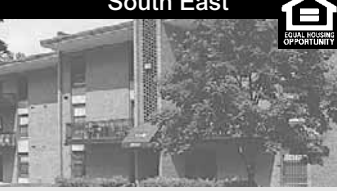
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- Renovated Apartments

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5% DISC. TO METRO & DC GOVT EMPLOYEES
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•SILVER SPRING•

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2-BRS from \$950*

\$99 MOVES YOU IN

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UTILITIES INCLUDED!

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- Free parking

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- Large balconies for relaxing
- On Metro bus line
- 2 & 3 BR w/Dens also a available

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- Great Location! • 15 Minutes or Less To 95, 295, 495, MD, VA & Downtown DC
- Schools & Shopping Centers In Walking Distance

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1-BEDROOM \$735.00/\$805.00

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- WALL-WALL CARPET
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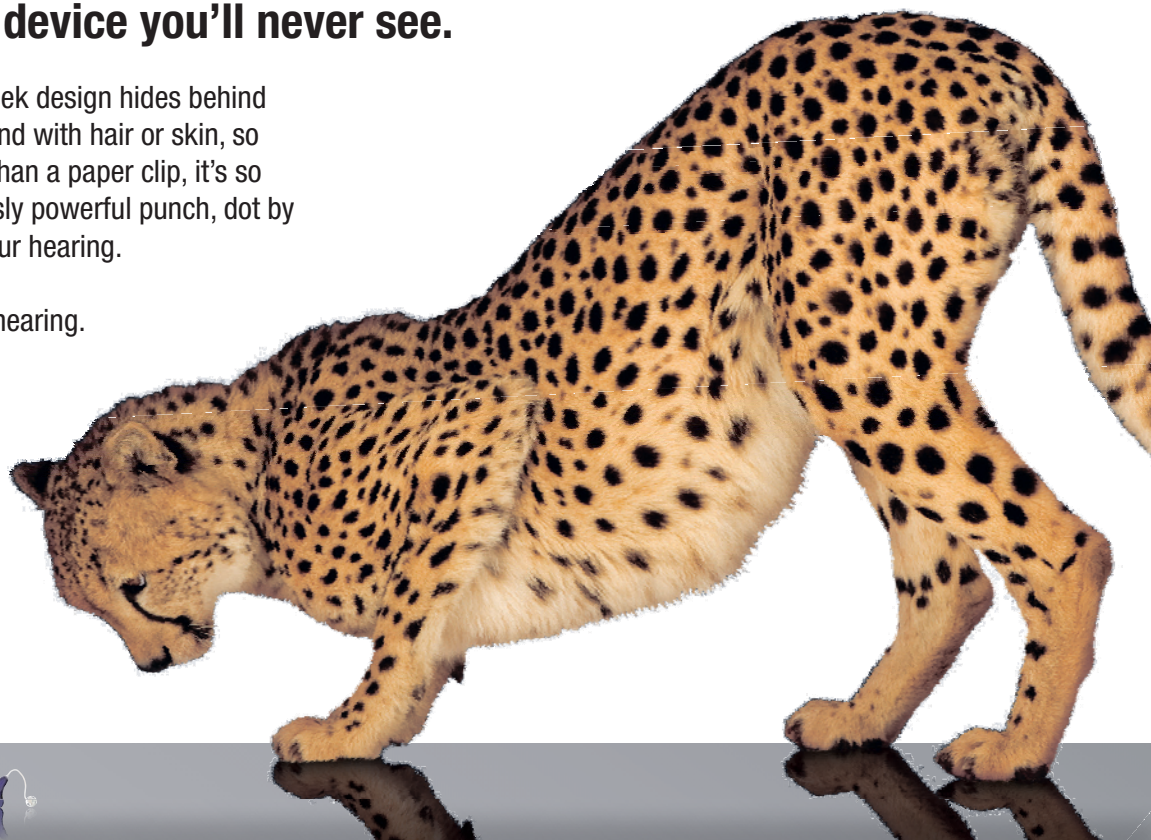
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Politically Unmotivated

Alec Baldwin says he will not run for office in 2010 | **30**

lookout

Jack of a Country Trade

Singer Ingram's new album and hit single show off the skills of the industry veteran

Q&A | Not content with being a regional star in Texas, Jack Ingram signed with Nashville's Big Machine Records in 2005 and never looked back. His first album for the label, "Live: Wherever You Are," sold 84,000 copies, and his second, "This Is It," sold 152,000. He's also scored a half-dozen top 20 airplay hits, including the No. 1 "Wherever You Are."

“There's nothing like hearing your song on the radio. It's exactly like the first time every time.”

His new record, "Big Dreams & High Hopes," is due today, and the first single, "Barefoot and Crazy," is No. 11 on Billboard's Hot Country Songs chart.

Your success, especially in terms of radio and national visibility, has increased dramatically since signing with Big Machine. What changed?

If you're going to have a successful record, you have to be with a record company that knows how to be successful. And the decision-makers at that company have to believe in you as an artist and



THE BIG TIME: Jack Ingram has been in the biz for a long time, and after 17 years, he's making it. Look for his newly released album, "Big Dreams & High Hopes."

know you intimately as an artist. I finally found a record company that was willing to invest not just money, but time and interest and energy and money in me. And the same can be said for my manager and my booking agent.

Do you feel more pressure now that you're having more success?

I'm a father, there's a business that has my name on it, there's a lot of things going on that create that pressure, but I love it. There's an element to making my music now that wasn't there before.

"Barefoot and Crazy" is your fastest-climbing airplay single to date. How does that feel 17 years into your career?

It's just a lot of fun to have a hit song. [laughs] That's a ride that I want to get in line for every time. There's nothing like hearing your song on the radio. It's exactly like the first time every time. The higher it gets on the chart, the more intense it gets. This last week people started throwing their shoes onstage. Three weeks ago people started holding up their flip-flops.

You've released six live albums in addition to your eight studio sets. Why so many live albums?

I always tell people, "You can't download my show; you can't download the experience you get when you come see me play live. You can't replicate that live air we all breathe." **KEN TUCKER (BILLBOARD)**



Left hand blue, right hand yellow, etc.

Evening With a Real Twist

Limber up for a night of free food, drinks and flashbacks

FLEXIBLE | Every August, D.C. shrivels up like a Democratic senator when asked about single-payer health care. But this year, there's a reason to stay in town: Awesomeness Squared: The Flashpoint Twister Experience at the Flashpoint Gallery.

Awesomeness Squared pits teams of two players against each other — if you come stag, they'll pair you up with a partner. The entrance fee is \$15 per person and teams will advance through tournament play until the winner is awarded a Pabst Blue Ribbon bocce ball set and eternal glory.

Hate Twister? Connect 4 will also be available. And don't worry about dinner. PBR and pigs in a blanket are included with the price of admission. **FIONA ZUBLIN (EXPRESS)**

→ **Flashpoint Gallery**, 916 G St. NW; 6 p.m.-8 p.m., \$15; 202-315-1322, Flashpointdc.org (Gallery Place)

CASTING Band of Jokers "The Hangover" breakout Zach Galifianakis is negotiating to join the Paramount comedy "Dinner for Schmucks." "Schmucks" has Jay Roach directing Steve Carell, Paul Rudd and Lucy Punch in a comedy about the most pathetic guy ever to be invited to another man's weekly dinner party. Galifianakis is playing an assistant manager of a mattress store who is dating Carell's ex-wife. The film is scheduled to begin filming in the fall for a July 2010 release. **(THE HOLLYWOOD REPORTER)**





COURTESY AMERICAN FILM INSTITUTE

2 West Is West

The Signature Theatre's latest offering, "Dirty Blonde," is a complex story — half biography of legendary sex symbol Mae West, half fictional tale about two people inspired by her bravery and sensuality. Though the ending feels abrupt, this is a bravura production in which three actors inhabit a small army of characters. It'll help if you know something about 1930s Hollywood, but it's not required. F.Z.

→ Signature Theatre, 4200 Campbell Ave., Arlington; through Oct. 4; 703-820-9771, Sig-online.org.



JAMES M. THRESHER/TWP

top stops

Compiled by Express' Fiona Zublin. Read more of our picks every day at Expressnightout.com/topstops.

3 Sweet Anniversary

Hello Cupcake, home to some of our favorite iterations of D.C.'s Trend o' 2008, is now one year old. And to celebrate, you get presents! Stop by today for a free cupcake (until they run out). One per person, no advance orders — all the usual restrictions apply. If you've been burned out on cupcakes, here's a good reason to get back on the bandwagon. F.Z.

→ Hello Cupcake, 1351 Connecticut Ave. NW; while supplies last, free; 202-861-2253, Hellocupcakeonline.com. (Dupont Circle)

1 Before Quentin, François

Can't wait to see "Inglourious Basterds"? Take a few hours for 1968's "The Bride Wore Black," the inspiration for Quentin Tarantino's "Kill Bill" films and a masterpiece of black comedy in its own right. You know the story: A bride seeks revenge on the people who murdered her husband on their wedding day. Don't be scared by the subtitles: François Truffaut's is a genius that transcends language. F.Z.

→ AFI Silver Theatre, 8633 Colesville Road, Silver Spring; Tue., 9 p.m. and Wed., 7 p.m., \$6-\$10; 301-495-6700, Afi.com/silver. (Silver Spring)

REGAL ENTERTAINMENT GROUP
ROCKVILLE CENTER STADIUM 13
Rockville Town Center 800-FANDANGO 248#
INGLORIOUS BASTERDS (R) - ID REQ'D ★ (1200 100 330 430) 700 800 1030 1130
POST GRAD (PG-13) (1205 220 450) 710 940
SHORTS (PG) (1150 200 420) 650 910
DISTRICT 9 (R) - ID REQ'D (440 PM) 730 PM
OC & DA: DISTRICT 9 (R) - ID REQ'D (120 410) 720 1000
THE TIME TRAVELER'S WIFE (PG-13) (1240 340) 640 950
JULIE & JULIA (PG-13) (1250 320) 610 840
PONYO (G) (1225 310) 600 850
G.I. JOE (PG-13) (240 510) 750 1025
THE UGLY TRUTH (R) - ID REQ'D (1210 230 500) 740 1010
500 DAYS OF SUMMER (PG-13) (130 400) 630 850
G-FORCE 3D - EVENT PRICING (PG) ★ (300 PM) 620 PM 945 PM
HARRY POTTER: HALF BLOOD PRINCE (PG) (1220 PM)
BANDSLAM (PG) (1215 PM)
PERFECT GETAWAY (R) - ID REQ'D (1215 PM)

GERMANTOWN STADIUM 14
20000 Century Blvd 800-FANDANGO 455#
POST GRAD (PG-13) (115 330 530) 740 950
INGLORIOUS BASTERDS (R) - ID REQ'D ★ (1245 145 400 500) 715 815 1030
SHORTS (PG) (1250 300 510) 730 945
X GAMES 3D: THE MOVIE - EVENT PRICING (PG) ★ (230 500) 745 1015
OC & DA: DISTRICT 9 (R) - ID REQ'D (450 PM) 1030 PM
THE GOODS: LIVE HARD, SELL HARD (R) - ID REQ'D (200 445) 720 1015
PONYO (G) (100 330) 645 910
THE TIME TRAVELER'S WIFE (PG-13) (145 430) 700 1000
BANDSLAM (PG) (130 PM)
DISTRICT 9 (R) - ID REQ'D (215 PM) 745 PM
JULIE & JULIA (PG-13) (100 350) 650 940
G.I. JOE (PG-13) (120 355) 630 920
G-FORCE (PG) (210 440) 640 PM
THE UGLY TRUTH (R) - ID REQ'D (410 PM) 640 915 PM
HARRY POTTER: HALF BLOOD PRINCE (PG) (415 PM) 800 PM
TONY DUNGY'S RED ZONE 09 (NR) 800 PM

UA SNOWDEN SQ STADIUM 14
9161 Commerce Ctr Dr 800-FANDANGO 570#
POST GRAD (PG-13) (1255 305 515) 805 1040
INGLORIOUS BASTERDS (R) - ID REQ'D ★ (1230 130 345 445) 700 800 1015
SHORTS (PG) (1225 240 450) 705 915
X GAMES 3D: THE MOVIE - EVENT PRICING (PG) ★ (1235 250 505) 715 935
THE GOODS: LIVE HARD, SELL HARD (R) - ID REQ'D (105 PM) 320 PM 1035 PM
PONYO (G) (1225 255 520) 755 1025
DISTRICT 9 (R) - ID REQ'D (115 215 400 500) 645 745 930 1030
THE TIME TRAVELER'S WIFE (PG-13) (200 440) 725 955
BANDSLAM (PG) (1240 PM)
OC: G.I. JOE (PG-13) (430 PM) 1020 PM
JULIE & JULIA (PG-13) (125 420) 720 1005
G.I. JOE (PG-13) (145 PM) 735 PM
G-FORCE (PG) (1245 300 510) 750 1000
HARRY POTTER: HALF BLOOD PRINCE (PG) (315 PM) 630 PM 945 PM
TONY DUNGY'S RED ZONE 09 (NR) 800 PM

MAJESTIC STADIUM 20
900 Ellsworth Dr. Silver Spring, MD 240-393-4826
INGLORIOUS BASTERDS (R) - ID REQ'D ★ (1230 115 300 345 430) 615 700 745 930 1015
X GAMES 3D: THE MOVIE - EVENT PRICING (PG) ★ (200 415) 630 845 1100
POST GRAD (PG-13) (1210 140 500) 715 945
SHORTS (PG) (1200 215 425) 640 955
DISTRICT 9 (R) - ID REQ'D (1150 1220 220 310 455) 605 730 840 1005 1115
RW & DA: DISTRICT 9 (R) - ID REQ'D (130 400) 640 915
THE GOODS: LIVE HARD, SELL HARD (R) - ID REQ'D (1255 320 550) 800 1040
PONYO (G) (125 355) 650 925
THE TIME TRAVELER'S WIFE (PG-13) (1215 150 245 435 515) 710 755 940 1030
BANDSLAM (PG) (1240 PM)
G.I. JOE (PG-13) (100 250 340 535) 625 820 910
PERFECT GETAWAY (R) - ID REQ'D (1205 PM)
THE ORPHAN (R) - ID REQ'D (225 520) 810 1055
THE UGLY TRUTH (R) - ID REQ'D (1235 255 525) 750 1010
G-FORCE 3D - EVENT PRICING (PG) ★ (1225 235 450) 705 920
HARRY POTTER: HALF BLOOD PRINCE (PG) (105 420) 735 1045
HANGOVER (R) - ID REQ'D (305 540) 815 1050

ROYALE STADIUM 14
6505 America Blvd. Hyattsville, MD 301-864-3456
INGLORIOUS BASTERDS (R) - ID REQ'D ★ (100 200 415 530) 730 900
SHORTS (PG) (110 400) 645 930
POST GRAD (PG-13) (120 410) 720 950
RW & DA: DISTRICT 9 (R) - ID REQ'D (115 430) 710 945
DISTRICT 9 (R) - ID REQ'D (215 500) 800 1035
THE GOODS: LIVE HARD, SELL HARD (R) - ID REQ'D (145 425) 655 1030
THE TIME TRAVELER'S WIFE (PG-13) (140 450) 725 1015
BANDSLAM (PG) (105 PM)
G.I. JOE (PG-13) (125 210 420 510) 700 745 940 1025
PERFECT GETAWAY (R) - ID REQ'D (440 PM) 740 PM 1010 PM
JULIE & JULIA (PG-13) (135 445) 735 1020
HARRY POTTER: HALF BLOOD PRINCE (PG) (405 PM) 650 PM 1000 PM
HANGOVER (R) - ID REQ'D (150 PM)
G-FORCE (PG) (130 340) 630 920

BETHESDA 10
17172 Wisconsin Avenue 800-FANDANGO 565#
POST GRAD (PG-13) (140 350) 600 810 1020
SHORTS (PG) (125 335 545) 755 1005
THE GOODS: LIVE HARD, SELL HARD (R) - ID REQ'D (1230 330 540) 750 1010
BANDSLAM (PG) (115 PM)
THE TIME TRAVELER'S WIFE (PG-13) (245 515) 745 1015
DISTRICT 9 (R) - ID REQ'D (220 455) 730 1005
JULIE & JULIA (PG-13) (145 430) 715 1000
G.I. JOE (PG-13) (130 445) 740 1020
FUNNY PEOPLE (R) - ID REQ'D (345 PM) 650 PM 955 PM
HARRY POTTER: HALF BLOOD PRINCE (PG) (200 PM 515 PM) 830 PM
HANGOVER (R) - ID REQ'D (155 420) 655 915
PERFECT GETAWAY (R) - ID REQ'D (150 PM)

BOWIE STADIUM 14
15200 Major L. Lansdale Blvd 800-FANDANGO 454#
TONY DUNGY'S RED ZONE 09 (NR) 800 PM
SHORTS (PG) (220 445) 705 925
POST GRAD (PG-13) (110 310 500) 750 1015
INGLORIOUS BASTERDS (R) - ID REQ'D ★ (105 200 500) 630 845 940
THE GOODS: LIVE HARD, SELL HARD (R) - ID REQ'D (125 345) 605 815 1030
PONYO (G) (235 510) 735 1005
DISTRICT 9 (R) - ID REQ'D (145 225 425 515) 800 1030
THE TIME TRAVELER'S WIFE (PG-13) (210 450) 730 1000
BANDSLAM (PG) (100 PM)
PERFECT GETAWAY (R) - ID REQ'D (205 PM)
JULIE & JULIA (PG-13) (150 430) 715 955
G.I. JOE (PG-13) (130 415) 700 945
THE ORPHAN (R) - ID REQ'D (435 PM) 725 PM 1020 PM
G-FORCE 3D - EVENT PRICING (PG) ★ (155 420) 655 915
HARRY POTTER: HALF BLOOD PRINCE (PG) (320 PM) 625 PM 935 PM

GALLERY PLACE STADIUM 14
701 Seventh St NW 800-FANDANGO 1721#
INGLORIOUS BASTERDS (R) - ID REQ'D ★ (1130 1200 250) 330 510 610 700 845 930 1020
X GAMES 3D: THE MOVIE - EVENT PRICING (PG) ★ (1210 230 450) 715 940
POST GRAD (PG-13) (1220 240) 510 730 1000
OC & DA: DISTRICT 9 (R) - ID REQ'D (345 PM) 920 PM
THE GOODS: LIVE HARD, SELL HARD (R) - ID REQ'D (1230 300) 520 745 1015
PONYO (G) (1150 220) 445 710 945
DISTRICT 9 (R) - ID REQ'D (1245 145) 430 630 720 1010
THE TIME TRAVELER'S WIFE (PG-13) (1140 215) 500 740 1025
JULIE & JULIA (PG-13) (100) 400 705 950
G.I. JOE (PG-13) (130) 435 750 1035
FUNNY PEOPLE (R) - ID REQ'D (110 PM) 650 PM
THE UGLY TRUTH (R) - ID REQ'D (415 PM) 1005 PM
500 DAYS OF SUMMER (PG-13) (1215 235) 515 735 1005
HARRY POTTER: HALF BLOOD PRINCE (PG) (135 PM)

BALLSTON COMMON STADIUM 12
671 N Glebe Rd 800-FANDANGO 377#
POST GRAD (PG-13) (130 405) 720 1000
SHORTS (PG) (1230 255 515) 730 955
X GAMES 3D: THE MOVIE - EVENT PRICING (PG) ★ (1220 250 520) 750 1020
THE GOODS: LIVE HARD, SELL HARD (R) - ID REQ'D (1240 PM) 300 PM
DISTRICT 9 (R) - ID REQ'D (100 200 350 450) 640 740 930 1030
JULIE & JULIA (PG-13) (110 210 410 510) 710 810 1010
STAR TREK (PG-13) (305 PM) 620 PM 935 PM
G-FORCE (PG) (145 425) 650 915
HARRY POTTER: HALF BLOOD PRINCE (PG) (1245 PM 415 PM) 745 PM
ICE AGE: DAWN OF THE DINOSAURS (PG) (1250 PM)
THE PROPOSAL (PG-13) (120 PM) 700 PM
HARRY POTTER: HALF BLOOD PRINCE (PG) (945 PM)
TONY DUNGY'S RED ZONE 09 (NR) 800 PM

POTOMAC YARD STADIUM 16
3575 Jefferson Davis Hwy 800-FANDANGO 690#
X GAMES 3D: THE MOVIE - EVENT PRICING (PG) ★ (1210 240 510) 740 1010
INGLORIOUS BASTERDS (R) - ID REQ'D ★ (1130 1230 130 300 400 500) 630 730 830 1000
SHORTS (PG) (1145 210 430) 710 940
DISTRICT 9 (R) - ID REQ'D (1220 250 520) 745 1005
OC & DA: DISTRICT 9 (R) - ID REQ'D (1110 100 200 450) 700 800
THE GOODS: LIVE HARD, SELL HARD (R) - ID REQ'D (1245 310 535) 810 1035
PONYO (G) (1025 100 340) 620 855
THE TIME TRAVELER'S WIFE (PG-13) (1255 345) 635 930
BANDSLAM (PG) (1025 AM 110 PM)
G.I. JOE (PG-13) (1100 150 440) 750 1040
JULIE & JULIA (PG-13) (1020 120 420) 720 1020
THE UGLY TRUTH (R) - ID REQ'D (945 PM)
HARRY POTTER: HALF BLOOD PRINCE (PG) (1120 AM 245 PM) 615 PM
HANGOVER (R) - ID REQ'D (410 PM) 640 PM 915 PM
PERFECT GETAWAY (R) - ID REQ'D (925 PM)
G-FORCE (PG) (1200 220 445) 705

KINGSTOWNE STADIUM 16
5910 Kingstowne Towne Center 703-822-4956
INGLORIOUS BASTERDS (R) - ID REQ'D ★ (1200 1245 145 315 400 505) 630 715 830 945 1030
POST GRAD (PG-13) (1220 230 455) 735 1000
SHORTS (PG) (1210 225 445) 705 920
RW & DA: DISTRICT 9 (R) - ID REQ'D (1215 255 530) 805 1040
THE GOODS: LIVE HARD, SELL HARD (R) - ID REQ'D (110 340) 635 905
PONYO (G) (100 335) 645 915
THE TIME TRAVELER'S WIFE (PG-13) (1205 115 235 510) 640 745 1015
BANDSLAM (PG) (1200 PM)
DISTRICT 9 (R) - ID REQ'D (130 410) 655 930
JULIE & JULIA (PG-13) (1250 345) 700 950
G.I. JOE (PG-13) (1200 240 520) 800 1040
THE UGLY TRUTH (R) - ID REQ'D (355 PM) 910 PM
G-FORCE 3D - EVENT PRICING (PG) ★ (1230 245 500) 720 935
500 DAYS OF SUMMER (PG-13) (1255 330) 615 900
HARRY POTTER: HALF BLOOD PRINCE (PG) (305 PM) 620 PM 940 PM

COUNTRYSIDE STADIUM 20
45980 Regal Plaza 800-FANDANGO 394#
X GAMES 3D: THE MOVIE - EVENT PRICING (PG) ★ (1220 250 520) 750 1020
INGLORIOUS BASTERDS (R) - ID REQ'D ★ (1200 100 220 330 430 550) 700 800 920 1030
SHORTS (PG) (1230 300) 705 930
POST GRAD (PG-13) (1225 245 505) 725 945
OC & DA: DISTRICT 9 (R) - ID REQ'D (320 PM) 900 PM
DISTRICT 9 (R) - ID REQ'D (1235 140 425) 610 710 1000
PONYO (G) (125 400) 630 905
THE TIME TRAVELER'S WIFE (PG-13) (110 210 350 450) 640 740 925 1025
THE GOODS: LIVE HARD, SELL HARD (R) - ID REQ'D (1245 310 530) 755 1015
G.I. JOE (PG-13) (1210 115 305 410) 620 720 910 1010
500 DAYS OF SUMMER (PG-13) (130 355) 625 850
JULIE & JULIA (PG-13) (1250 345) 650 950
HARRY POTTER: HALF BLOOD PRINCE (PG) (1205 325) 645 1005
THE UGLY TRUTH (R) - ID REQ'D (440 PM) 715 PM 940 PM
G-FORCE (PG) (150 PM 415 PM) 635 PM
ICE AGE: DAWN OF THE DINOSAURS (PG) (335 PM) 615 PM 845 PM
THE PROPOSAL (PG-13) (855 PM)
PERFECT GETAWAY (R) - ID REQ'D (200 PM)
BANDSLAM (PG) (1255 PM)

FOX STADIUM 16
2284 S. Crawford Pkz. Ashburn, VA 703-957-1035
INGLORIOUS BASTERDS (R) - ID REQ'D ★ (1230 140 345 500) 700 820 1015
POST GRAD (PG-13) (240 510) 715 930
SHORTS (PG) (150 430) 640 900
RW & DA: DISTRICT 9 (R) - ID REQ'D (200 445) 740 1020
THE GOODS: LIVE HARD, SELL HARD (R) - ID REQ'D (250 530) 810 1030
PONYO (G) (110 400) 630 920
THE TIME TRAVELER'S WIFE (PG-13) (1240 210 320 450) 600 720 830 950
BANDSLAM (PG) (220 PM)
DISTRICT 9 (R) - ID REQ'D (1250 330) 610 850
G.I. JOE (PG-13) (1235 130 310 420 550) 730 840 1010
PERFECT GETAWAY (R) - ID REQ'D (940 PM)
JULIE & JULIA (PG-13) (100 350) 710 1000
G-FORCE 3D - EVENT PRICING (PG) ★ (1225 230 440) 650 910
THE UGLY TRUTH (R) - ID REQ'D (520 PM) 750 PM 1025 PM
HARRY POTTER: HALF BLOOD PRINCE (PG) (300 PM) 620 PM

FAIRFAX TOWNE CENTER 10
4110 W Ox Road 800-FANDANGO 670#
POST GRAD (PG-13) (145 425) 710 1000
X GAMES 3D: THE MOVIE - EVENT PRICING (PG) ★ (130 400) 720 950
G.I. JOE (PG-13) (100 150 240 350 440 530) 640 730 930 1020
THE UGLY TRUTH (R) - ID REQ'D (120 410) 700 940
500 DAYS OF SUMMER (PG-13) (200 450) 740 1010
HARRY POTTER: HALF BLOOD PRINCE (PG) (105 PM 430 PM) 750 PM
ICE AGE: DAWN OF THE DINOSAURS (PG) (140 420) 650 920
UP (PG) (110 340) 630 910
TONY DUNGY'S RED ZONE 09 (NR) 800 PM

MANASSAS STADIUM 14
11380 Bulloch Drive 800-FANDANGO 490#
POST GRAD (PG-13) (1245 330) 600 830
INGLORIOUS BASTERDS (R) - ID REQ'D ★ (1230 300 345) 615 700 930 1015
SHORTS (PG) (200 415) 645 900
THE GOODS: LIVE HARD, SELL HARD (R) - ID REQ'D (250 530) 815 1040
PONYO (G) (115 445) 710 940
THE TIME TRAVELER'S WIFE (PG-13) (1200 230 500) 730 1000
BANDSLAM (PG) (1220 PM)
DISTRICT 9 (R) - ID REQ'D (215 515) 800 1045
PERFECT GETAWAY (R) - ID REQ'D (950 PM)
JULIE & JULIA (PG-13) (1215 315) 630 915
G.I. JOE (PG-13) (145 430) 715 1030
THE UGLY TRUTH (R) - ID REQ'D (410 PM) 745 PM 1020 PM
G-FORCE 3D - EVENT PRICING (PG) ★ (120 400) 640 850
500 DAYS OF SUMMER (PG-13) (100 510) 750 1010
HARRY POTTER: HALF BLOOD PRINCE (PG) (245 PM) 610 PM

'Talent' Beats the Heat

The summer belongs to NBC, thanks to its likable contest show

SKILLS | The folks at NBC must be wishing the summer would never end. The last-place network, which just fired its president on the eve of launching its fall schedule, continues to dominate the summer ratings with healthy doses of "America's Got Talent" (8 p.m., 9 p.m. and 10 p.m., NBC).

There's little to dislike about this talent/variety show, with its ecumenical mix of singing, magic, contortion acts, comedy and even a smattering of classical talent.

"America" continues the uniquely American tradition of casting British-accented judges as arbiters of American talent. Piers Morgan, a stable of "Britain's Got Talent," is firmly established in the Simon



Piers Morgan, Sharon Osbourne and David Hasselhoff sit in judgment tonight.

Cowell role, happily dispensing unpopular opinions to choruses of derisive boos. Sharon Osbourne, whose British inflections have survived decades of residence in Los Angeles, does her own variation on Paula Abdul, doling out knowledgeable nuggets of encour-

agement and cheer. David Hasselhoff, the sole Yank in the "Talent" troika, has gained the most from the show. He's put notorious YouTube exposure behind him, offering short bursts of Every-Guy enthusiasm. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

tonight's lineup

POLI-DRAMA

A Texas congressman (Tom Hanks) with a taste for excess becomes an unlikely Cold War hero in director Mike Nichols' fact-based 2007 drama **CHARLIE WILSON'S WAR** (8:15 p.m., Cinemax).

BIGGER, NOT BETTER

Every handle is a love handle on **MORE TO LOVE** (9 p.m., Fox).

SOMETHING FOR EVERYONE

Schedule on **NOVA SCIENCENOW** (9 p.m., PBS): the Hubble fix; "gangster" birds; memory decoded.

SIN CITY-THEMED

Through the looking glass, Vegas-style on **WAREHOUSE 13** (9 p.m., SyFy).

TWO CAN PLAY THAT GAME

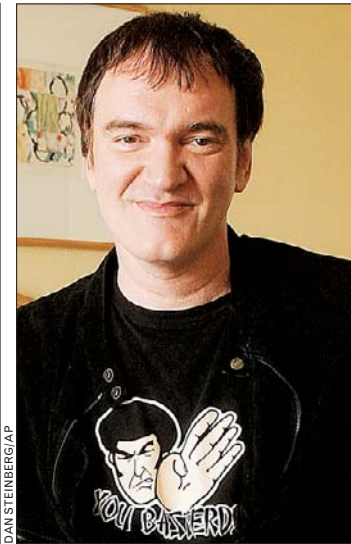
Jane targets a pick-up artist on a rerun of **THE MENTALIST** (10 p.m., CBS).

KNOCK OUT

Franco enters the ring and instantly regrets it on **RESCUE ME** (10 p.m., FX).

FOREVER 'AMERICAN PIE' DAD

Eugene Levy and Jet are booked on **LATE SHOW WITH DAVID LETTERMAN**



DAN STEINBERG/AP

"Inglourious Basterds" director Quentin Tarantino chats with Conan tonight.

(11:35 p.m., CBS).

DOPE DIRECTOR

Conan O'Brien hosts Quentin Tarantino, Mark Feuerstein and Smokey Robinson on **THE TONIGHT SHOW** (11:35 p.m., NBC). KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

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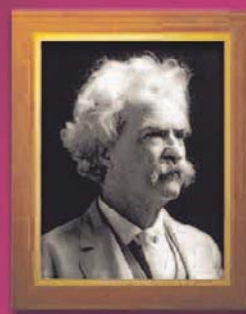
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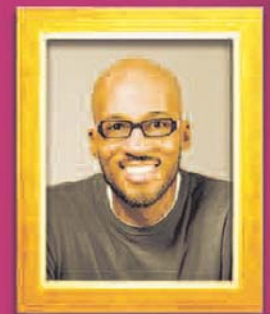
XX233 2x2



Mark Twain
Author
(1835-1910)



Harriet Tubman
Abolitionist
(c.1820-1913)



Kymone Freeman
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(Present day)

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NATIONAL INSTITUTES OF HEALTH • U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

Poll Center

DOES MICHELLE RHEE HAVE D.C. SCHOOLS GOING IN THE RIGHT DIRECTION?

YESTERDAY'S RESULTS AS OF 5 P.M.

YES 70%
NO 30%

"One of my friends teaches in D.C., and she said that Michelle Rhee is the best thing that's happened to those schools."

COMMENTER GRAY NONCE

"Boy, I'm so glad to see this lady at the helm — I'm glad that Fenty didn't succumb to the cries of opponents when she was first chosen for this job."

COMMENTER EMMANUEL ARHIN

"It continues to amaze me that Washington's public schools rank third in the nation in per-pupil spending, yet produce some of the worst results."

COMMENTER DIOGENES

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"LAST FRIDAY WAS my last day at work and this Friday is grad school orientation. I have spent my free time bedazzling shirts and hanging with kickball kids, so I feel it's been a good few days."

MSLASH.BLOGSPOT.COM HAS USED HER DOWNTIME BEFORE THE NEW SCHOOL YEAR EFFECTIVELY.



RICK ODELL/GETTY IMAGES

"Whether you love her or loathe her, you have to admit that Rachel Zoe has style. The celebrity stylist and disco-era devotee is the person most responsible for the boho-chic revival."

CAPITOLHILLSTYLE.WORDPRESS.COM IS EXCITED FOR THE PREMIERE OF BRAVO'S "THE RACHEL ZOE PROJECT."



"Megan Fox has a long way to go before she's a star. Right now she's a hot woman that needs to do more work than just Transformers or B-horror [movies.]"

A COMMENTER AT POPEATER.COM DOESN'T THINK FOX HAS THE STAR POWER TO QUALIFY HER AS A SUITABLE HOST FOR THE SEASON PREMIERE OF NBC'S "SATURDAY NIGHT LIVE" ON SEPT. 26.



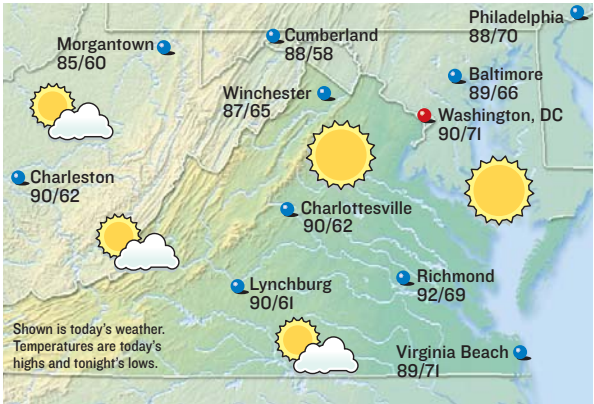
"I CAN'T BELIEVE that had I followed the birth date cutoff rules of our district, she might only be starting kindergarten this year. As it is, it seems like she's a decade older than last year at this time."

NGUNDERGROUND.BLOGSPOT.COM — A LOCAL "MOBLOGGER" — IS GLAD SHE PETITIONED FOR HER DAUGHTER TO START SCHOOL A YEAR EARLY.

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Plenty of sunshine	Clear	Sunshine and hot	A thunderstorm	A thunderstorm	A thunderstorm
90°	71°	91° / 71°	86° / 68°	78° / 68°	82° / 68°

Regional Weather



Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature	
High	85°
Low	70°
Normal high	85°
Normal low	68°
Average humidity	52%

Precipitation

24 hours ending 4 p.m.	0.00"
Month to date	2.31"
Normal month to date	2.64"
Year to date	26.51"
Last year to date	32.88"
Normal year to date	25.46"

For up-to-the-minute weather, see:
washingtonpost.com/weather

Regional Forecast

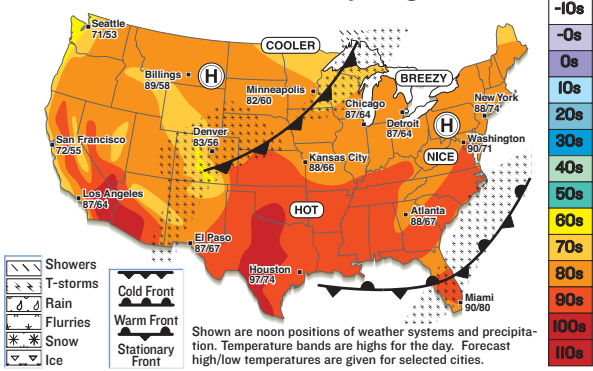
D.C. Metro: Today, sunny. High 90. Wind south 4-8 mph. Tonight, clear. Low 71. Wind south-southwest 6-12 mph.

Sun and Moon

Sunrise today	6:31 a.m.
Sunset tonight	7:49 p.m.
Moonrise today	12:31 p.m.
Moonset today	10:27 p.m.



National Weather for Tuesday, August 25



National Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Atlanta	88/67/pc	88/70/s
Boston	82/70/s	89/65/s
Chicago	87/64/s	76/58/c
Dallas	98/78/s	97/76/s
Denver	83/56/t	83/55/t
Honolulu	89/76/s	89/76/s
Los Angeles	87/64/s	89/64/s
Miami	90/80/t	91/79/t
New York City	88/74/s	88/72/s
Orlando	91/75/t	91/75/t
Seattle	71/53/pc	81/54/pc

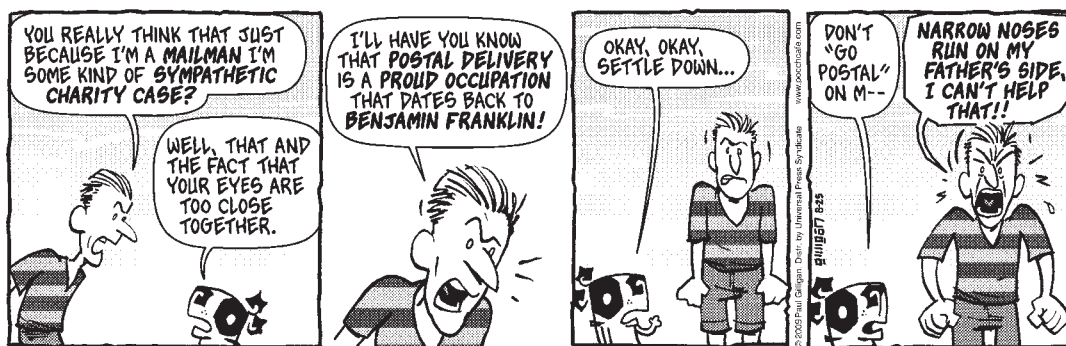
World Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Amsterdam	72/55/pc	70/55/pc
Athens	86/72/pc	90/70/s
Berlin	82/66/pc	77/61/pc
Buenos Aires	73/55/pc	75/59/pc
Calgary	76/48/pc	63/44/s
Dublin	66/54/pc	68/54/sh
Geneva	83/62/t	80/60/pc
Moscow	59/48/sh	63/46/pc
Rome	86/66/s	88/68/s
Sydney	68/50/s	70/48/s
Tokyo	82/73/pc	84/75/s

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

Bizarro | Dan Piraro**Cornered** | Mike Baldwin

"'Litterbug' isn't politically correct. They prefer 'environmentally challenged.'"

Pooch Cafe | Paul Gilligan**Pearls Before Swine** | Stephan Pastis**The Duplex** | Glenn McCoy**Horoscope**

By Stella Wilder

VIRGO (Aug. 23-Sept. 22) You'll want to be sure that your emotions are in check, especially when beginning a new phase that may be marked by heightened volatility.

LIBRA (Sept. 23-Oct. 22) There's no reason to give up before you find out who wins and who loses. In either case, you can come out better than before.

SCORPIO (Oct. 23-Nov. 21) Be sure that others are getting the message you're sending in a way that doesn't invite misinterpretation or overreaction.

SAGITTARIUS (Nov. 22-Dec. 21) You may have to work harder to achieve the same results, but you'll have one or two very good reasons for making the extra effort.

CAPRICORN (Dec. 22-Jan. 19) A friendly contest is likely to become quite intense before all is said and done—partly because you play harder than almost anyone.

AQUARIUS (Jan. 20-Feb. 18) Are you sure that your motives and expectations are in sync? They are not the same, but they surely have to work together.

PISCES (Feb. 19-March 20) You'll enjoy more freedom of expression, but this doesn't mean that you can let others have it in a willy-nilly fashion.

ARIES (March 21-April 19) You may feel as though everything is in order and ready to go, but in fact you've been consistently overlooking one key element.

TAURUS (April 20-May 20) If you have a complaint to register, be sure that you go to the right person—and at the right time. A misfiled complaint can prove dangerous.

GEMINI (May 21-June 20) Things may seem more tense than usual, in part because you've been keeping certain key pieces of information to yourself. Share.

CANCER (June 21-July 22) You know how to approach even the most trivial of endeavors with excitement and dedication. Still, save something for the big things.

LEO (July 23-Aug. 22) Expect things to go according to plan—at least when looking at the big picture. Some of the details may not be anticipated.

Today in History

1875 Capt. Matthew Webb becomes the first person to swim across the English Channel, getting from Dover, England, to Calais, France, in 22 hours.

1944 During World War II, Paris is liberated by Allied forces after four years of Nazi occupation.

1984 Author Truman Capote is found dead in a Los Angeles mansion; he was 59.

1985 Samantha Smith, 13, the schoolgirl whose letter to Yuri V. Andropov resulted in her famous peace tour of the Soviet Union, dies with her father in an airliner crash in Auburn, Maine.

1999 The FBI, reversing itself after six years, admits that its agents might have fired some potentially flammable tear gas canisters on the final day of the 1993 standoff with the Branch Davidians near



"In Cold Blood" author Truman Capote was found dead in Los Angeles in 1984.

Waco, Texas, but says it continued to believe law enforcement agents did not start the fire which engulfed the cult's compound.

2008 Democrats open their national convention in Denver, where they prepared to nominate Barack Obama for president.

lookout people



Add Elizabeth Taylor and Liza Minnelli and then we'll be getting somewhere.

SUBSTITUTES Crazy Level of 'The View' Rises, But Still Not to Hasselbeckian Levels

ABC says LATOYA JACKSON will be a guest co-host on "The View" Sept. 16 and 18. Jackson is the latest celebrity to be named as a substitute for Elisabeth Hasselbeck, who is on maternity leave until mid-October. ABC also said Victoria Beckham will make her first guest appearance Sept. 14. (AP)

SEE ABOVE Maybe She Can Be a Guest Judge on 'The View'?



Another deal has fallen through for PAULA ABDUL. She's no longer slated to play a crazy office temp on ABC's "Ugly Betty" — Kristen Johnston (of "Third Rock From the Sun" fame) is taking over the role, Usmagazine.com reports. (EXPRESS)



POLITICS Baldwin Backpedals

A spokesman for ALEC BALDWIN says the actor has no plans to challenge Connecticut Sen. Joe Lieberman in the 2012 election. Baldwin doesn't want to see Lieberman leave the Senate because there are so few moderate Republicans in the Senate, says the rep. It's a reversal from Baldwin's comments published last week in Playboy, in which the actor mulls a Senate campaign and says he had "no use" for Lieberman. (AP)

ATTRACTIONS Historic Michael Jackson Trail Planned

A New York City lawmaker wants to see MICHAEL JACKSON honored at a subway station where the star made the music video for "Bad." Councilwoman Letitia James wants a plaque placed at Brooklyn's Hoyt-Schermerhorn station — or to have "Jackson" added to the



The National Park Service will soon be in on the action.

station's name. Metropolitan Transportation Authority spokesman Kevin Ortiz said Monday it's unlikely. James plans a petition drive. Jackson shot the Martin Scorsese-directed music video at the downtown Brooklyn station in 1987. Ortiz says the MTA prohibits station plaques. (AP)

MAGIC Dimpled Thigh Fat Makes You a Feminist

CINDY CRAWFORD, who's now 43, is embracing her age. "I have cellulite," she says in the latest issue of Red-



book. She's had to steel herself against unflattering tabloid photos, though: "I am so aware that I don't want to change the way I live because of that kind of attention. So you say, 'Screw it. I am wearing a bikini, and I am not putting on a cover-up.' You just brace yourself for a bad picture." (EXPRESS)



National humiliation + blissful ignorance = one of best nights of life.

The Next Pop Mote of Dust

HEIDI MONTAG considers performing her song "Body Language" at Sunday's Miss Universe pageant to "one of the best nights of my life!!!!" according to her Twitter feed, Usmagazine.com reports. Before the performance, her hopes were high: "I think the world is ready for the next pop star and I'm ready to be the next pop galaxy," she told Access Hollywood. (EXPRESS)

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puzzles lookout

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ACROSS

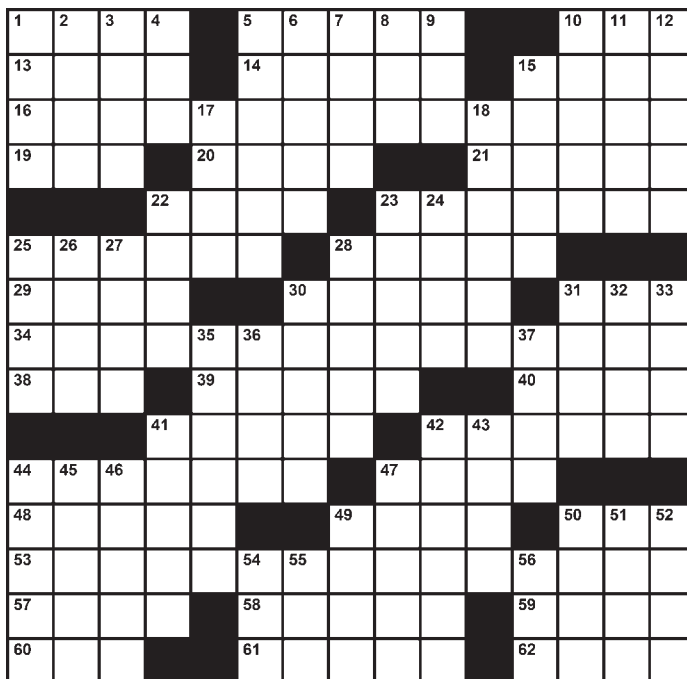
1 Tartness
5 It's used to raise dough
10 "___ in victory" (elementary lesson)
13 You may set a camera on it
14 Evenly matched
15 Boston basketballer, for short
16 Dogs
19 Piece of food for dipping
20 Leave out
21 Russian liquor
22 Hit with something flat
23 Odoriferous
25 Irish writer Edna
28 Mercantile establishment
29 Before long
30 Didn't get a seat
31 Awkward one
34 Dogs
38 Had lunch
39 Run off to marry
40 Graven image
41 Exhales hard
42 Christmas tree trimming
44 Teachers and administrators
47 Tell anonymously
48 Kind of acid in proteins
49 Grisham novel (with "The")
50 Year-end helper
53 Dogs
57 Brings legal action against
58 South-of-the-

border buddy

59 Central area of a church
60 April 15 grp.
61 "Three's Company" landlord
62 Give off

DOWN

1 "Zigs" partner
2 Franc's replacement
3 Footfall
4 Sub in a tub, e.g.
5 British bodyguard
6 Outfit (with)
7 Uncle's mate
8 Lamentable
9 "Trading Spaces" network
10 African grassland
11 Similar
12 Lieu
15 Make identical copies of
17 Woodpecker's creation
18 Carry to extremes
22 Succumb to quicksand
23 "Uncle Tom's Cabin" penner
24 Building for housing poultry
25 Construction site watchdog, for short
26 Boxing match
27 Dusty pink color
28 Halts or pauses
30 Flamboyant
31 Outcome
32 Succulent plant
33 Cut down, as

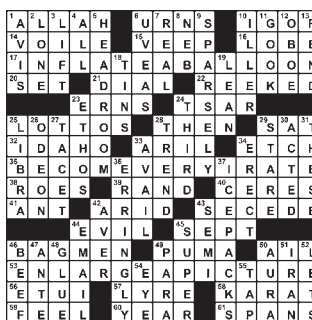


EDITED BY TIMOTHY E. PARKER

a tree
35 Like ripe lemons
36 Coalesce
37 Swine squeal
41 Some baseball ploys
42 Overwhelming fear
43 Metrical unit
44 Language of Iran
45 Love in Lyon
46 Refers to
47 Person holding a fief

49 Use a spatula
50 Yearly physical, for one
51 Disciple of Jesus who began as a tax collector
52 Worry unnecessarily
54 Auditory organ
55 "What I think," online
56 Where to find a portrait of George Washington

Yesterday's Solution



© PUZZLES BY PAPPOCOM

SUDOKU | MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See www.sudoku.com for solution, tips and computer program.

Need more Sudoku?

Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

Yesterday's Solution

8	1	9	3	6	4	7	5	2
6	3	5	2	8	7	1	9	4
2	4	7	5	1	9	8	3	6
4	8	3	7	9	6	5	2	1
1	9	6	8	5	2	4	7	3
5	7	2	1	4	3	6	8	9
9	2	8	4	7	1	3	6	5
7	6	4	9	3	5	2	1	8
3	5	1	6	2	8	9	4	7

9				7			3	6
8	7	6			1		2	
				2			7	
	3					6		
7								3
		4					8	
	5				6			
	2		9				5	1
3	9			5				2

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